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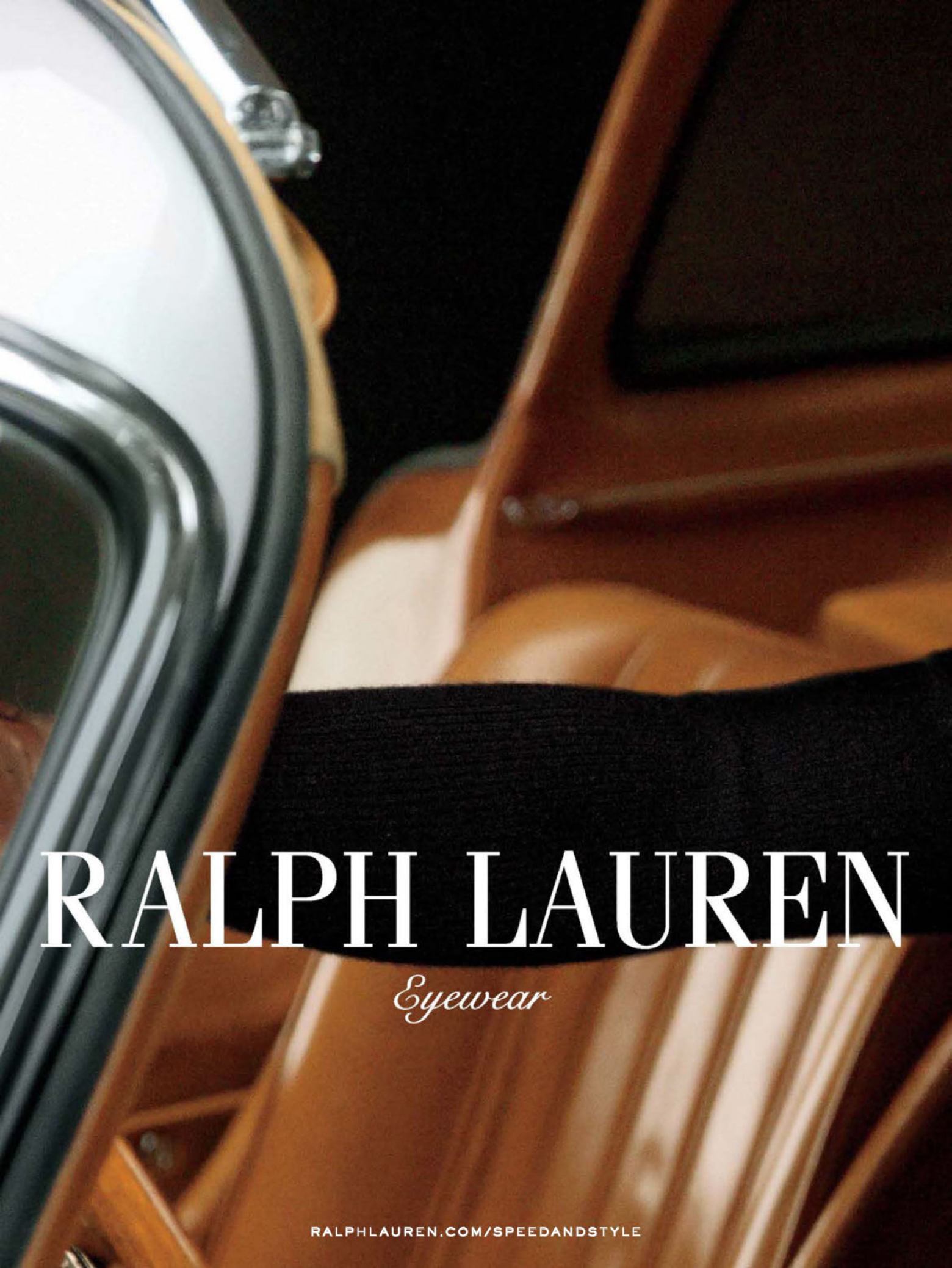
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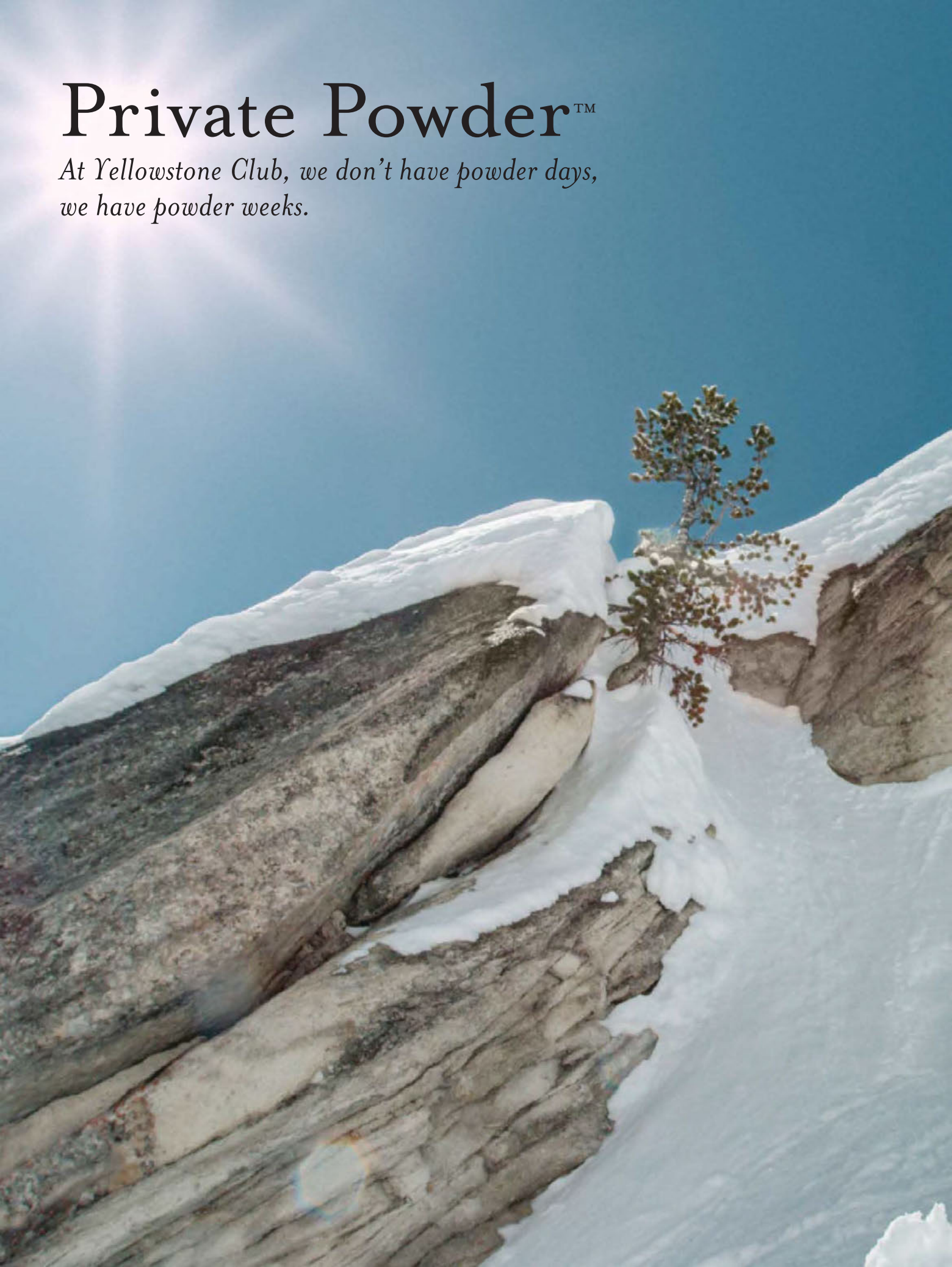
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R JULY



“At the same time that he was conceiving the coupe, Spada, who was 23 at the time, made a few pencil renderings of a DB4GT roadster.”

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CHOOSING MASS-PRODUCED OVER FAMILY-CRAFTED.
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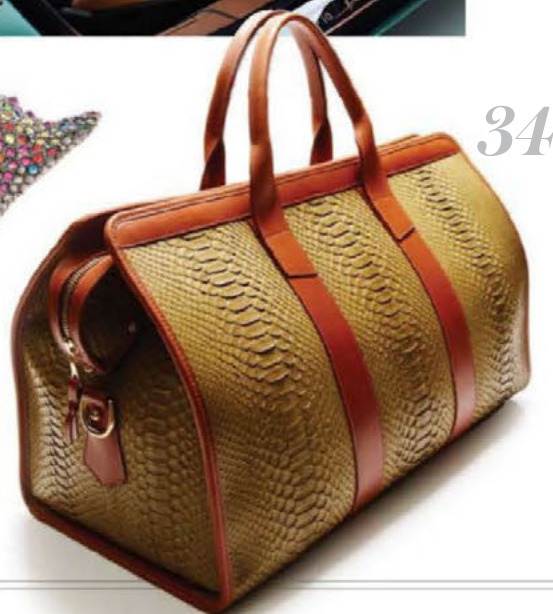
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BY ANUSH BENLIYAN

ON THE COVER

ECOSSE MOTO WORKS FOUNDER'S EDITION TITANIUM MOTORCYCLE AND ICON ASTON MARTIN DB4GTZ SPADA ROADSTER; CGI RENDERING COURTESY SPADACONCEPT



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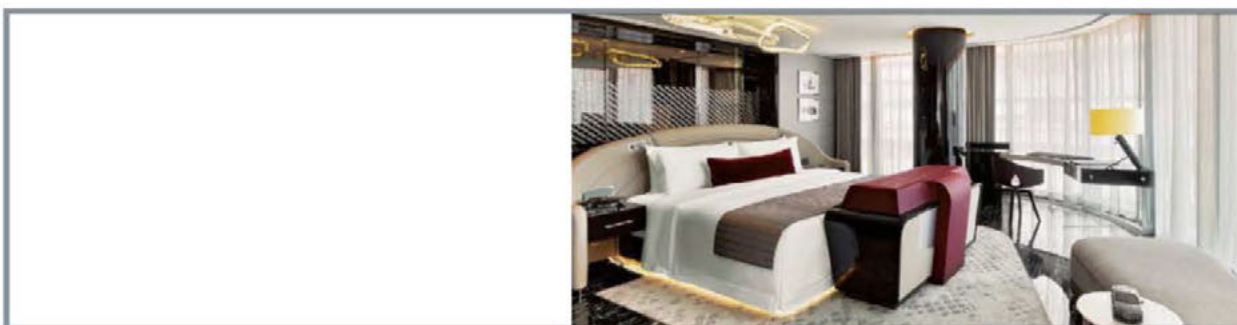
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July iPad Bonus Feature

Made in the Shade

Stylish summer sunglasses from Barton Perreira, Persol, Cutler and Gross, and other brands stand out with distinct silhouettes and vibrant motifs. BY CAROLYN MEERS



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Imperfect Union

THE IMPASSIONED DOCUMENT whose composition the citizenry of the United States celebrates this month did not itself inaugurate a new nation. Rather, this concisely incendiary manifesto merely outlined a set of principles that its signatories asserted formed the foundation of good government, before announcing the colonists' intention to sever ties to the mother country. Not until September of 1787—when delegates from the 13 colonies convened in Philadelphia to revise the Articles of Confederation but instead produced the United States Constitution—did the American



Although each of these Founding Fathers ultimately endorsed the Constitution, some slyly exercised their political influence to remedy its perceived shortcomings.

revolutionary experiment assume a discernible shape. This audacious instrument, however, did not arise from a unified vision on the part of its framers. Indeed, its dazzling elasticity was forged in a crucible of bitter rivalry that existed among five men: James Madison, Alexander Hamilton, and Benjamin Franklin, all of whom were present in Philadelphia, and John Adams and Thomas Jefferson, both of whom kept their distance from—and keen eyes on—events in the City of Brotherly Love.

Though Hamilton and Madison engaged deeply in the debate during the Constitutional Convention, arguing for a strong central government, their ideas owed much to the philosophies of Adams and Jefferson, whose opinions and ambitions were often at odds. Adams, a staunch Federalist, mingled his republican sympathies with a deep admiration for centralized authority. “Monarchy,” he told a friend, “is the gentlest and most fashionable government.” Fellow Federalist Hamilton agreed with Adams and also advocated an aristocracy. “All communities divide themselves into the few and the many,” Hamilton argued.

Like Franklin, whose suggested motto for the Great Seal of the United States was “Rebellion to Tyrants Is

Obedience to God,” Jefferson mistrusted Adams and Hamilton’s monarchical leanings. Still, the Virginian land baron favored men of property: Suffrage should require acreage. He also approved the selection of senators by the state legislatures as a counterbalance to the dangerously demotic House of Representatives. “You are apprehensive of monarchy, I of aristocracy,” Adams wrote him. “I would therefore have given more power to the president and less to the Senate.”

Franklin alone stood for the common people. He preferred a single legislative body and rejected Hamilton’s proposal that the president be elected for life. In the new system, he insisted, “rulers are the servants, and the people their superiors and sovereigns.” Contemptuous of the inventor’s fame and success with women, Adams dismissed the elder statesman. “The life of Dr. Franklin,” he wrote, “was a scene of continual dissipation.” Franklin, for his part, commented that Adams was “sometimes, and in some things, absolutely out of his senses.”

Although each of these Founding Fathers ultimately endorsed the Constitution, some slyly exercised their political influence to remedy its perceived shortcomings. Jefferson accused Hamilton of using the office of Secretary of the Treasury under George Washington as “a machine for the corruption of the legislature.” Adams introduced his own form of tyranny, the Alien and Sedition Acts, which enabled his administration to imprison its critics. Though Jefferson called this law “an experiment upon the American mind to see how far it will bear an avowed violation of the Constitution,” he himself pushed the envelope of presidential power with the Louisiana Purchase—an acquisition that Adams’s Federalists deemed unconstitutional.

Franklin, who died of pleurisy in 1790, was absent from the fray that followed the Convention. “The love of power and the love of money,” he said, ruled most destinies, and the squabbles of his fellow Founders offered little proof to the contrary. His speech in Philadelphia, read by a fellow delegate, anticipated these events, as well as more distant ones. “I agree to this Constitution with all its faults...,” he wrote, “because I think a general Government necessary for us, and there is no form of Government but what may be a blessing to the people if well administered, and believe ... [that this one] can only end in Despotism, as other forms have done before it, when the people shall become so corrupted as to need despotic Government, being incapable of any other.” **R**

BRETT ANDERSON

SENIOR VICE PRESIDENT, EDITOR IN CHIEF

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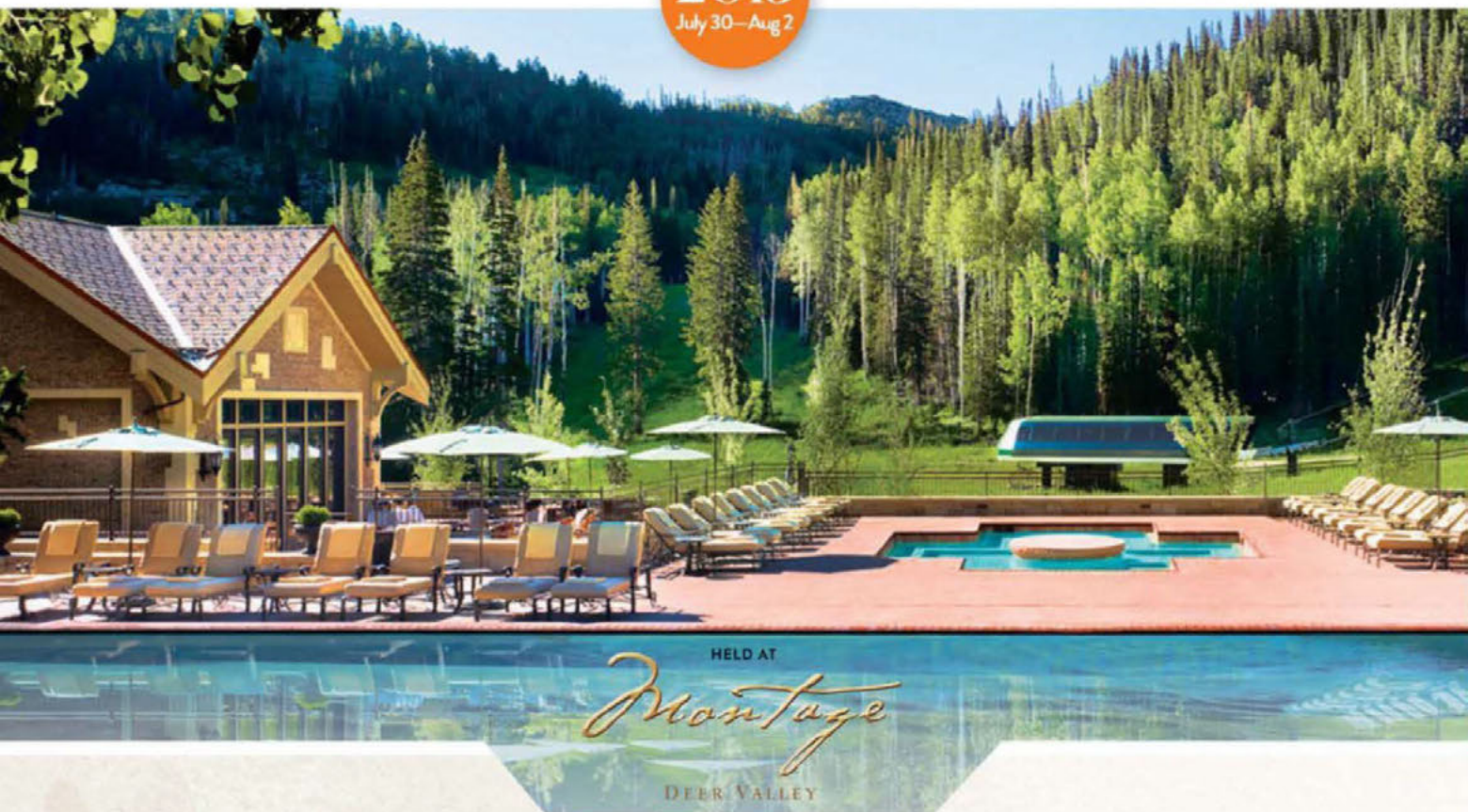


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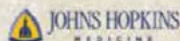
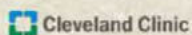
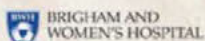
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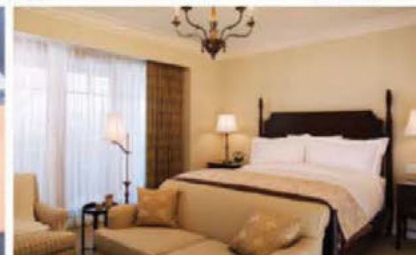
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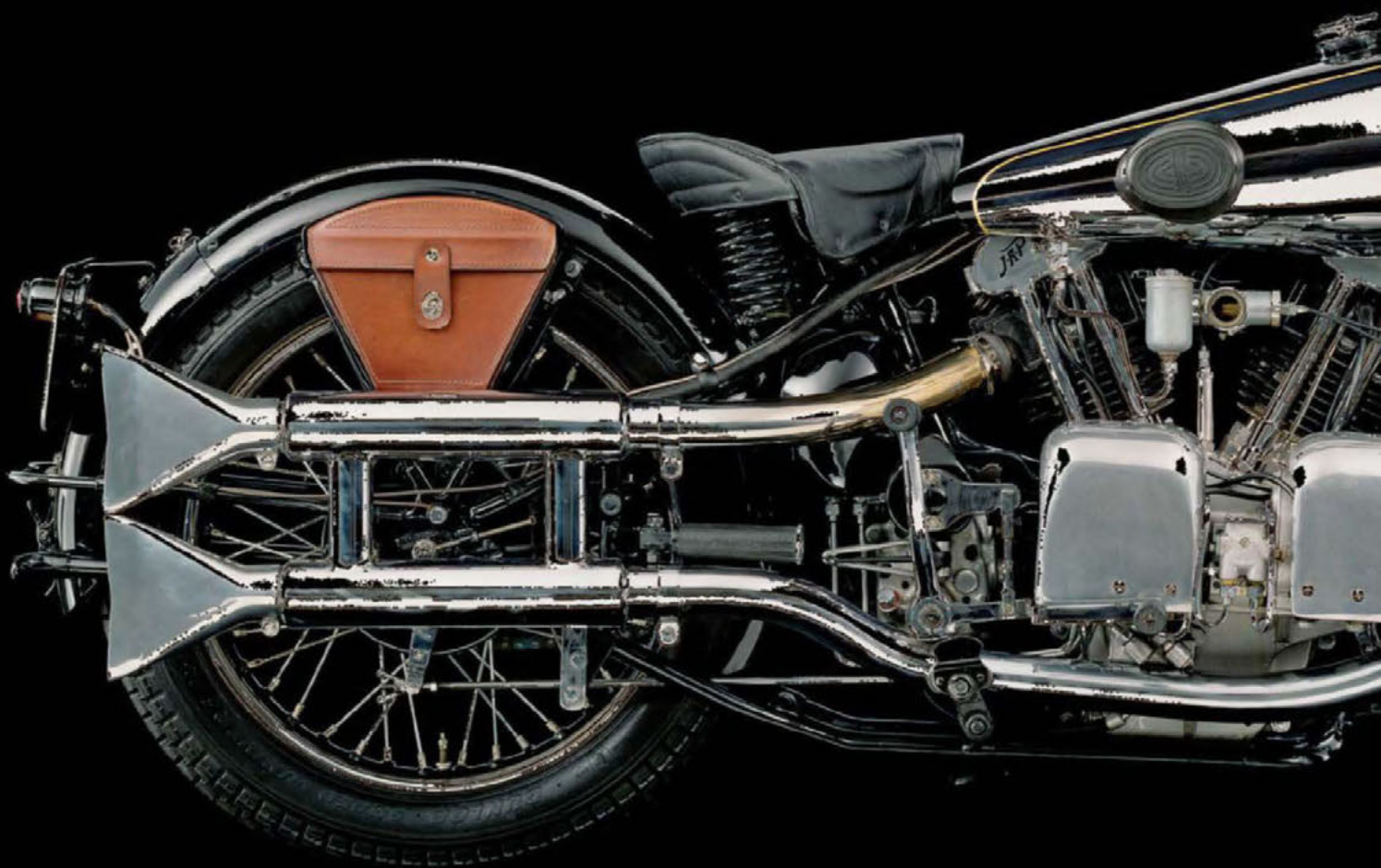
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Reservations are limited. Travel to and from Montage Deer Valley not included.

THE BETTER BIKE

1934 Brough Superior SS100 Alpine Grand Sport



L

EGEND HAS IT that George Brough's father, William, was not pleased with the brand name that his son—while drinking pints at the pub with his cronies—settled on for the motorcycles he was making: Brough Superior. William, a motorcycle builder himself, is said to have snorted, “I suppose that makes mine the Brough Inferior.” Well, yes. George, who was a partner in his father's business before setting out on

his own in 1919, wanted to improve upon William's machines and every other motorcycle being produced at the time. His goal was to build the world's best bikes. In the early 1920s, H. D. Teague, an editor of a British publication called *The Motor Cycle*, provided Brough (pronounced “bruff”) with a marketing slogan that suited his intention. After test-riding an SS80 model, Teague wrote a review that referred to the Brough



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OF THE PREWAR ERA.

Superior as “the Rolls-Royce of motorcycles.” Brough transformed that line into a catchphrase for his brand by including it in all of the company’s ensuing advertisements and other promotional materials.

Located in Nottingham, England, Brough Superior manufactured about 3,000 motorcycles (across 19 models) from 1920 until 1940, when production ceased. The top of the V-twin range included the SS80 and the

SS100, the most collectible of which is the SS100 Alpine Grand Sport. Only two examples were outfitted to touring specification: the one shown here and another that was ordered by the archaeologist and military hero T. E. Lawrence (aka “Lawrence of Arabia”) shortly before he died, in 1935, from head injuries suffered in the crash of another SS100. He never took delivery of his new SS100. —ROBERT ROSS



CLEAR AS CRYSTAL

Clarity of purpose resounds in the latest limited edition from Lalique and Parmigiani Fleurier.



TORIC LÉPINE REFLECTS
RENÉ LALIQUE'S ABIDING
FASCINATION WITH
MYTHOLOGICAL AND
AQUATIC MOTIFS, BOTH OF
WHICH APPEAR ON THE
DESIGN'S CRYSTAL BASE AND
REMOVABLE POCKET WATCH.

RENÉ LALIQUE, the founder of the renowned crystal house, may owe an indirect debt to the world of horology for the brand's successful aesthetic. After all, Coutard Fountain (left)—a 1935 work featuring a desk clock encircled by crystal renderings of naiads—established many of the design principles that have informed Lalique's creations ever since.

This year, the firm pays tribute to this historic piece by offering a modern interpretation produced in partnership with the boutique watch manufacturer Parmigiani Fleurier (parmigiani.ch). One of a very limited series of collaborations between the two companies, Toric Lépine (far left, \$1.2 million) reflects René Lalique's abiding fascination with mythological and aquatic motifs, both of which appear on the design's crystal base and removable Parmigiani minute-repeating pocket watch. The dial of the coverless timepiece, for example, is machined with a pattern resembling concentric waves—as though a stone had been cast in a pool—and covered with blue-gray champlevé enamel highlighted with mother-of-pearl cabochons. Two medallions of Lalique crystal decorate the back of the platinum case, which also is ornamented with diamonds and, like the crystal base, engraved naiads. Equipped with cathedral gongs and a silent regulation system, Parmigiani's finest minute-repeating movement produces a sound as pure and clear as the timepiece's crystalline surround.

—JAMES D. MALCOLMSON

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MAGNIFICENT MACHINES

Sporty Surprise

WHEN THE STUNNING **Bentley EXP 10 Speed 6** (bentleymotors.com) made an unexpected debut at the Geneva International Motor Show in March, the marque's chairman and CEO, Wolfgang Dürheimer, indicated that the two-seater is more than just a show car and could become a production model—the Bentley sports car. Why not? Certainly the idea of a Bentley sports car is no more far-fetched than that of a Bentley SUV, and the Bentayga is on its way, possibly for the 2016 model year. The EXP 10's design features contemporary interpretations of Bentley's signature mesh grille and round headlights. Details about the drivetrain and capabilities have not been revealed, but the car's long hood, wide rear stance, and fastback roof lend it the look of a high-performance vehicle. The narrow center console—set between two quilted-leather sport seats—contains driver controls and a 12-inch touchscreen. The rear of the cabin is designed to hold a four-piece luggage set built specifically for the EXP 10. —LARRY BEAN



LEATHER LINED

Interior materials include Poltrona Frau leather, cherrywood, aluminum, and copper.





Breaking Away

ORIGINALLY BUILT IN 1973 as an icebreaker, **Legend** (available through Camper & Nicholson's International, camperandnicholson.com) is a 254-foot charter yacht that has been refitted by Verkerk Yachting Projects. It is scheduled to launch in the fall and spend the winter cruising the waters off South America and Antarctica. In the summer months, the vessel will be available to venture around Greenland, through the Norwegian fjords, and

into the Arctic Circle. The charter rate starts at about \$500,000 per week. *Legend's* amenities include a helicopter and a three-person submarine, each of which can be used by charter clients for an additional cost. The yacht also features a beauty salon, a movie theater, a gym, and a medical suite. As part of the refit, *Legend's* stern was extended by almost 12 feet and a swimming pool and swim platform were added. The yacht accommodates 26 guests and 19 crew members. —SHAUN TOLSON



FUTURE FLAGSHIP

WHEN IT LAUNCHES next summer, the **Custom Line Navetta 37** (customline-yacht.com), a 122-foot semi-displacement yacht, will become the largest model in the Ferretti Group-owned brand's Navetta lineup. Like the 93-foot Navetta 28, which debuted last year, the Navetta 37 features an innovative transom system: The tender-garage door opens upward and downward to create an outdoor beach club and an indoor lounge area. Windows in the hull allow natural light to fill the lounge area, and each of the four lower-deck guest cabins also has a large window; the master stateroom is located on the main deck. The most powerful of the yacht's available propulsion systems produces 1,948 hp. As with all Custom Line yachts, the Navetta 37's interior design is customizable. The starting price is available upon request. —S.T.



PREY TELL

The latest from Sunseeker.

At last count, 50 orders had been received for the **Sunseeker Predator 57** (sunseeker.com) since the yacht's debut at the London Boat Show in January. The 60-foot cruiser's cockpit and saloon are separated by glass doors that can be electronically lowered into the deck to create one continuous living area. The cockpit includes a seating area, and the saloon has a wet bar. The vessel accommodates six guests in three cabins, including a forward VIP cabin and a full-beam master suite that is furnished with an integrated breakfast table. The Predator 57 has a starting price of about \$1.6 million when outfitted with twin Volvo IPS 950 engines, which enable a top speed of 32 knots. —S.T.

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ELEMENTS OF STYLE

*Wardrobe
Wish List*

AN IMPECCABLY tailored sport coat, a crisp white shirt, and classic dark jeans are wardrobe essentials, according to **Jeffrey Rüdes** (jeffreyrüdes.com), the fashion entrepreneur who is unveiling an eponymous men's clothing collection in July. (Rüdes previously started, and then sold, the successful J Brand label.) He says that men are dressing more relaxed today but still want to look polished. With that in mind, he created a series of versatile pieces that include the double-breasted Super 120 wool blazer (\$1,600), printed silk shirt (\$550), and jeans (\$350) shown here. "When a guy puts on a great-fitting, comfortable sport coat and jeans, he feels good about himself, and it shows," says Rüdes. The collection includes five different sport-coat models, available in a range of materials, and such versatile underpinnings as a knit jersey button-down shirt that feels as comfortable as an old T-shirt. The clothes will be available online and at the Jeffrey Rüdes store, which is scheduled to open in July in New York's SoHo neighborhood. —JILL NEWMAN

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Family Values

A CONTEMPORARY TAKE ON a 35-year-old design, the **Frank Clegg Leatherworks** signature duffel (frankclegg-leatherworks.com) is made of green python skin and features Cognac leather trim. It is priced at \$2,750. Frank Clegg established his leather workshop in 1970 in Fall River, Mass., producing handmade men's and women's bags that would last for decades. His sons Ian and Andrew eventually joined the business and are raising the profile of the small atelier and updating some of its classic designs—but not completely overhauling them. “We believe if something is designed with a timeless and elegant aesthetic, it should work now and for the future,” says Ian, noting that his father still spends much of his time in the workshop. —J.N.



DOG DAYS OF SUMMER

ALLOWED ON ANY beach, the **Orlebar Brown Dane II Dog Print** swim shorts (orlebarbrown.com) are part of a series of swimwear that features images of dogs photographed by the British brand's founder, Adam Brown. “Before starting Orlebar Brown, I was a portrait photographer of people mainly, but as a bit of a dog lover, I did a series of about 70 portraits as a personal project,” says Brown. “It's great to see them come to life on our swim shorts.” The dog prints are digitally printed on the swimsuits, which are made of polyester and priced at \$345. The brand also offers T-shirts that display dog images. —J.N.

LASTING IMPRESSIONS

A CHANCE ENCOUNTER in Amsterdam with an artisanal cobbler inspired **Noah Waxman** (noahwaxman.com) to study shoemaking. After spending a decade in the Netherlands learning the craft, he returned home to New York City in 2008 and five years later started an eponymous line of men's shoes. Waxman's skills are evident in models such as the \$595 Beacon three-eyelet chukka, which is shown here in chestnut and can be made either from American bison or loden-green leather from Chicago's Horween Leather Company.

—PAIGE REDDINGER



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A Soft, Smooth Shirt

MADE OF THE finest extra-long cotton fibers culled from fields in the sun-rich valleys of Arizona, the **Ermenegildo Zegna Trofeo High Performance** shirt (zegna.com) represents the latest innovation from the Italian brand. Ermenegildo Zegna is constantly experimenting with yarns and finishes to create soft and supple materials with unique characteristics. Smooth and silky to the touch, the performance shirt is made from double-twisted yarn that is treated to create a wrinkle-resistant material. It is priced at \$375. — J.N.

SINGULAR VISION

THE NEW SUNGLASSES brand **Finlay & Co.** (finlayandco.com) was started by four young British men who wanted to create handmade wood frames with a personalized touch. "Our designs are inspired by the individual, not the collective," says Dane Butler, one of the cofounders. It takes 16 steps to craft a single pair of frames such as the 1950s-style Beaumont wayfarers, which are shown here in walnut and priced at \$255. Frames can be personalized with initials or names engraved on the temples. In addition to wood models, the latest collection includes metal and acetate frames.

—P.R.



HOLD EVERYTHING

CUSTOM-BUILT IN Bordeaux, France, the **Ephtée Palace** shoe trunk (ephtee.com) includes a built-in shoeshine counter, drawers for shoeshine tools, and space to neatly store 32 pairs of shoes. "You can go anywhere around the globe, and when you open your trunk, you are back in your world," says Ephtée's founder, Frank Tressens. The company's bespoke luggage and trunks range from small watch boxes to enormous wardrobe cases. They are available in leather, suede, or exotic skins and can be equipped with a wide choice of hardware, from brass to diamond-studded platinum. Prices for Ephtée's items start at about \$2,000; a complicated custom trunk can cost as much as \$500,000. —CAROLYN MEERS

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GRAND OPENING

Culture Club

ISTANBUL'S TRENDY Nişantaşı neighborhood is a cultural hub pulsing with energy and glamour. At the center of the action is the new **St. Regis Istanbul** (stregis.com), a contemporary haven that opened in April near Maçka Democracy Park. The hotel's 136 guest rooms and suites—which include a two-bedroom Presidential Suite and the sleek Bentley Suite—feature a bold blend of bronze, marble, leather, and wood. Many rooms afford views of the park and of the Bosphorus Strait in the distance, vistas that can also be enjoyed from the first international outpost of Wolfgang Puck's acclaimed Spago restaurant, set on the hotel's rooftop. Following a day of shopping in Nişantaşı (commonly known as the Fifth Avenue of Istanbul), guests can unwind in the Iridium Spa's traditional hammam or with a glass of rakı at the Petit "O" Bar. —LAURIE KAHLE



MODERN TURK

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GRAND
OPENING

Something Sacred



INKATERRA HACIENDA URUBAMBA (inkaterra.com) is set among the pepper trees, cacti, and wildflowers of Peru's Sacred Valley, in the ancient heart of the Inca Empire. Opened in April, the resort features 12 guest rooms (with 12 more debuting later this summer) decorated with pre-Columbian textiles and carved wood furnishings. The sixth Peruvian property from Inkaterra, the hacienda brings a new level of luxury to the region with such amenities as a wine cave, a bar offering an extensive list of piscos, and a restaurant serving local cuisine sourced from the resort's 10-acre farm. A menu of alluring excursions—including bird-watching, horseback riding, llama-cart rides, treks to hidden lakes, and stargazing—helps ensure that a visit to the Sacred Valley is more than just a stopover on the way to Machu Picchu. —CYNTHIA ROSENFELD

SEEING RED

When the legendary Blue Monster golf course reopened at Miami's **Trump National Doral** resort (trumphotelcollection.com) in time for the PGA Tour's WGC-Cadillac Championship in 2014, the golfing world took notice. The newly renovated course—the handiwork of the architect Gil



Hanse—added 15 strokes to the tournament's winning score. Upping the ante once again, the resort's Red Tiger course reopened in January after another landmark renovation by Hanse. With highlights including two island greens and a challenging drivable par 4, Red Tiger offers a fair test for golfers of all ability levels. The course's reinvention, which also saw the expansion and addition of lakes and canals, marks one of the final touches of the Trump Hotel Collection's \$250 million update of the Doral resort.

—SHAUN TOLSON

GRAND
OPENING

ROYAL RENEWAL



BUILT IN 1729 as a private getaway for the wife of a Rajput king, Jaipur's **Sujan Rajmahal Palace** (sujanluxury.com) first became a hotel in 1979. In January, following a two-year renovation, the Indian palace emerged once again as a retreat worthy of royalty. The revamped property features just 15 colorful palace rooms and suites filled with elaborate hand-blocked wallpaper, silk rugs, and white-marble floors. Family treasures—Mughal carpets, art deco-era furnishings, and silver polo trophies—can be found throughout the public spaces, which include two restaurants, a bar, and a spa specializing in Kama Ayurveda treatments. Between the palace's rose-hued walls and imperial gates, 10 acres of gardens and a tiled swimming pool crowned with bubbling fountains provide a welcome respite from the bustling city outside. —LISA GRAINGER

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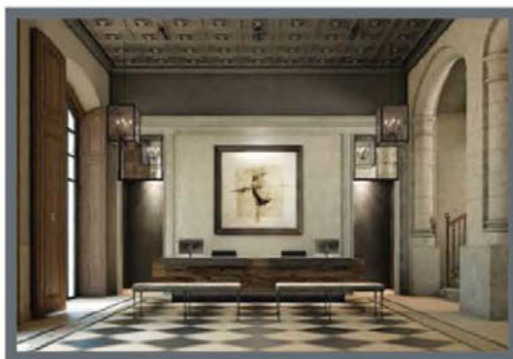
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GRAND
OPENING

Balearic Bliss

OCCUPYING A 19TH-CENTURY mansion within Mallorca's historic walled city of Palma, the new **Sant Francesc Hotel Singular** (hotelsantfrancesc.com) is a surprisingly sleek and understated take on the traditional Mallorcan manor house. The hotel opened in March with a perfectly curated combination of old and new: Contemporary paintings and photographs hang above a mix of antique and modern furnishings; sleek chandeliers sparkle beneath restored ceiling frescoes; and at Quadrat Restaurant, crisp Mediterranean fare is served atop rough-hewn wooden tables in the estate's former stables. Guests are gifted with the region's traditional symbol of hope—a ribbon-tied bouquet of wheat—in each of the 42 rooms and suites, which offer views over the *casco histórico* or toward Palma's magnificent 17th-century gothic cathedral. From the hotel's rooftop pool terrace, visitors can also glimpse the famed Balearic beaches and Tramuntana mountains while sipping an *agua bendita*, the hotel's signature gin cocktail infused with apple, Chartreuse, and lavender syrup. —ANDREW FORBES



CRUISE CONTROL

Viking Cruises—the California-based company known for its upscale excursions on such rivers as the Danube and the Nile—is hitting the high seas for the first time with the launch of the new **Viking Ocean Cruises** (vikingcruises.com). The first cruise line to debut in a decade, the brand aims to take luxury seafaring in uncharted directions with its inaugural ship, the 930-passenger *Viking Star*, which embarked on its maiden voyage from Istanbul to Stockholm in April. Each of the ship's 465 contemporary staterooms features a private balcony, while first-class ship amenities include a Scandinavian-style spa, a craft-beer bar, and a cantilevered infinity-edge pool. Itineraries for 2016 promise exploration in rarely visited ports in Norway, Sweden, Estonia, and Poland.

—ANDREW SESSA

California Dreaming

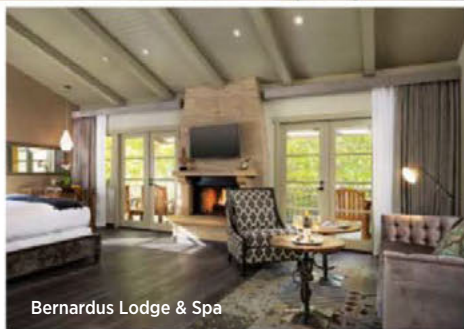
Rediscovering a trio of Golden State retreats.



Clos La Chance Winery

FARM FRESH ♦ In April, Carmel Valley's **Bernardus Lodge & Spa** (bernarduslodge.com) unveiled an all-new look with gray-stained French-oak floors, mercury-glass chandeliers, and Italian stonework. The 57-room wine-country retreat also debuted a restaurant that serves garden-vegetable-focused dishes in a quintessentially laid-back Central California setting.

CRUSH COURSE ♦ Guests of **Rosewood CordeValle's** (rosewoodhotels.com) new two-day winemaking program can create a custom blend, from grape to label, and discover the ins and outs of the picturesque Clos La Chance winery in San Martin. Launched last fall, the experience (\$31,000 per couple) includes 25 cases of the participants' signature wine after two years, or immediate deliveries of the vintner's own blend.



Bernardus Lodge & Spa

INN STYLE ♦ Big Sur's storied 243-acre **Ventana Inn & Spa** (ventanainn.com) in February finalized a seven-year renovation that has infused its 59 rooms and cabins with country charm and contemporary furnishings. The chef Paul Corsentino has also joined the resort, bringing a fresh new American-cuisine menu to the alfresco restaurant. —ANUSH BENLIYAN

MARTIN KATZ

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REFINED DESIGNS

Artful Jewels

THE DANISH DESIGN house **Georg Jensen** (georgjensen.com) has partnered with the British gemstone supplier Gemfields (gemfields.co.uk) to create a limited series of emerald and ruby jewelry. The centerpiece of the collection is this one-of-a-kind gold Runa necklace, which features three emeralds that collectively weigh 35 carats. The necklace was inspired by a similar piece that Vivianna Torun, the brand's designer from 1967 until her death in 2004, created in the late 1960s for Pablo Picasso. That necklace featured a long pendulum set with pebbles. "These emerald stones reminded me of the pebbles in Torun's designs," says Meeling Wong, Georg Jensen's managing director of jewelry. "The subtlety of the cabochon stones is in keeping with the organic shapes and natural elements in Torun's work." —JILL NEWMAN

FORM AND FASTEN

The Runa necklace's clasp is an integral part of the design.

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LIP SERVICE

THE TORONTO-BASED designer **Holly Dymant** (hollydymant.com) is turning heads with her gem-encrusted Glam Madame Lip ring in enamel, diamonds, sapphires, and rubies (top left, \$7,580) and enamel-and-diamond Lip ring (top right, \$7,520). She is not alone in rendering parts of the face as whimsical wearable art. The designs of the British jeweler **Solange Azagury-Partridge** (solange.co.uk) include lips as well as eyeballs. Among the pieces in her collection are the lacquer-and-gold Iris ring (bottom left, \$2,600) and the Hot Lips diamond ring (bottom right, \$23,500). —J.N.



COLOR CHANGE

DESIGNER EUGENIE NIARCHOS uses gold and gemstones of various colors to mimic reptile scales in her **Venyx Chameleon** ring (venyxworld.com). Niarchos, who is 29 and based in London, has given the ring a tactile quality by setting the stones so they feel as if they are at different heights. She formed the design's ragged spine with a line of stones set upside down. The ring is priced at \$7,520. "I love the beauty and texture of skins, like snake and crocodile, which are used in fashion, and I wanted to bring them into precious jewelry," says Niarchos, who launched the Venyx World brand two years ago. —J.N.



Anchor Aweigh

THE SIMPLE ROUND case and modest grand feu enamel dial give the **Ulysse Nardin Anchor Tourbillon** (ulysses-nardin.com) the appearance of a conventional tourbillon. But the large and unusually shaped escape wheel points to this \$89,400 watch's unconventional engineering. The key component is the silicon anchor pallet—the device that transmits energy to the balance wheel. It uses two integral blade springs to provide the balance with constant impulses. Another watchmaker introduced a similar silicon-based design two years ago, but Ulysse Nardin's greater familiarity with the material has enabled it to create a much smaller and more efficient mechanism for this timepiece. —JAMES D. MALCOLMSON



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CELLAR NOTES

Spirited Farewell

PERCHED ON THE banks of Loch Indaal on the Scottish island of Islay, the Bruichladdich Distillery has produced, since 2000, a variety of peaty single malts under the direction of its master distiller, Jim McEwan. The 67-year-old got his start in the whisky business as a cooper with Bowmore more than 50 years ago and eventually served as that company's head distiller. McEwan is retiring this month, and as his swan song he leaves behind one final single malt—**Bruichladdich Octomore 6.3** (\$175, bruichladdich.com), the latest edition of a whisky named after the farm where the spirit's barley is grown. The whisky boasts a phenol count of 258 parts per million, which makes it the world's most heavily peated single malt. Bottled at cask strength (128 proof), this Octomore is laden with the flavors of walnuts, apples, and earthy smoke, and its lingering finish will continue to pay tribute to McEwan's contributions to Islay's whiskies for as long as the liquid remains. —RICHARD CARLETON HACKER

Modern Love

OFTEN WE THINK of Priorat as being a relatively new wine region thanks to the popularity of the robust red wines that emerged from this part of Catalonia in the 1990s and 2000s. The nontraditional blends produced by René Barbier at Clos Mogador and Alvaro Palacios at Finca Dofi delighted critics and prompted other winemakers to explore this arid terrain, where today some of Spain's most innovative oenologists ply their trade. Yet, despite the modern style of his bottlings, David Marco is no newcomer: His family has practiced viticulture in Priorat since the 15th century. The **Marco Abella 2009 Clos Abella Priorat** (\$90, terlatowines.com)—a blend of Carignan, Grenache, and Cabernet Sauvignon—shows almost black in the glass, portending its aromas of bittersweet chocolate, licorice, leather, and black plum. One sip reveals a dense texture on which flavors of black cherry, leather, charred bread, espresso, and toasted sage seem to float toward a seamless finish. —BRETT ANDERSON

VENTURE INTO THE HOTTEST FAST CASUAL FRANCHISE ON THE PLANET



According to Technomic's annual report, BurgerFi is the fastest-growing chain in the U.S. with sales under \$200 million.

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Restaurateur and auto magnate John Rosatti, along with his team, has once again demonstrated thriving success with his latest casual dining concept, BurgerFi. Since its debut, BurgerFi has become one of the fastest growing franchise opportunities on the market. With 70 open and operating restaurants and another 25 under construction, there's never been a better time to get on board.

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Mighty Mini



LA MARZOCCO HOPPED over the espresso bar last year when it introduced the GS/3, the first home version of its professional-grade espresso machines. Now it has added a slightly smaller model to the lineup, the **Linea Mini** (\$4,495, lamarzoccohome.com). This design, too, is equipped with the technology that makes La Marzocco the elite machine among discerning baristas, including dual boilers that allow pulling a shot without sacrificing steam pressure and precise PID temperature control. The Linea Mini, which saves 2 inches of counter space by eliminating the GS/3's digital features, is simple to use yet relies on the finesse of the person pulling the shots. To ensure success, La Marzocco can arrange for a professional to calibrate the setup at home and give a tutorial on proper tamping, timing, and other techniques. This session may be likened to the performance training a new owner receives before getting behind the wheel of an Italian supercar. —MICHAELNE BUSICO

PRÊTE-A-PARTY

Around the country, caviar service is kicking up its heels.



LOS ANGELES ♦ Kolikof Caviar & Salmon's new service, **Caviar on Location** (from \$3,500, kolikof.com), creates custom caviar bars with an array of eight roes displayed on ice (shown), a surfboard, or whatever might fit the theme. The caviar is served by specialists and accompanied with crème fraîche and Faroe Islands smoked salmon.

MIAMI ♦ Up to six aficionados can buy out the new **Caviar Russe** boutique (from \$5,000, caviarrusse.com) in the Four Seasons Hotel and Tower for an hour-long tasting party of 15 caviars paired with blini, foie gras, and Champagne.

NEW YORK CITY ♦ The **Petrossian Caviar Girl** (\$3,000 to \$20,000, petrossian.com) may be outfitted like a 1940s cigarette vendor, though in this case her tray contains a selection of fine caviar. The "girl," Mackenzie Jones, circulates at events, dishing out morsels of connoisseurship. "People don't always know how to taste caviar," Jones says. "It's actually quite a process." —CAROLYN MEERS **R**

DREAM CREAMERY

NANCY SILVERTON, THE James Beard Award-winning chef and founder of La Brea Bakery, started her career as a pastry chef, making ice cream one quart at a time at Michael's in Santa Monica. Now she is churning out bigger batches. **Nancy's Fancy** (\$11 a pint, nancysfancy.com), her premium line of gelato and sorbetto, is being introduced across the country this summer, with flavors based on the desserts at Silverton's Los Angeles restaurant, Mozza. Silverton's famous butter-scotch budino has been transformed into velvety gelato with a salty caramel swirl. Coconut stracciatella, a creamy coconut sorbetto, is churned with pure Cordillera chocolate—the premium Colombian bittersweet she uses at Mozza—and the spiced coffee gelato begins with none other than Stumptown cold brew. As at the restaurant, new flavors will be added seasonally. —M.B.



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Christopher Kostow, Michelin Three-Star Chef at The Restaurant at Meadowood, Napa, CA



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The STEFANO RICCI *campagna* collection: a range inspired by the energy of life out in the open and the poetry of a peaceful stroll. A constant balance between the princely splendour of the palaces and the simple beauty of the hills, providing the setting for the serene state of mind of those who know how to enjoy the world's beauty, with all its style and vision. Stefano Ricci conceals the magnificent, luxurious engineering of his outstanding craftsmanship to ensure that the STEFANO RICCI *campagna* collection has that strong yet delicate nature typical of the Tuscan soul. This collection is dedicated to the true country gentleman: a classy style to live the outdoor with the same pertinence as the elegance of the city.

The STEFANO RICCI Ski capsule collection: a new range designed by the Florentine maison which combines outstanding hi-tech performance and handcrafted elegance. The invaluable partnerships with the best ski manufacturers has yielded a collection which includes cutting-edge ski outfits and an entire range of accessories, from helmets, skis and ski poles to knitwear and eyewear. STEFANO RICCI's sophisticated manufacturing is also featured in outfits destined for times of relaxation: designed to enhance the physique whilst creating a look of informal elegance, this line boasts of highly sophisticated materials suitable for winter wear. 100% Made in Italy as ever, following the designer's philosophy.













28
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Go-To Sports Car

THE PORSCHE CAYMAN GTS PUTS A NEW SPIN ON FUN.

THE LETTERS *GTS* and the six-figure price—when extravagantly optioned—are two hints that this Porsche Cayman variant is a serious sports car. While the Cayman GT4, which Porsche begins delivering in July, has track fans swinging from the rafters, the GTS is a more versatile machine that features numerous upgrades from the base Cayman. Foremost among these is an engine output that has been pushed from 275 to 340 hp. The GTS is visually distinguished from the base model by a front fascia with larger air intakes, a slightly lower ride height, and stylish 10-spoke, 20-inch wheels.





The Cayman GTS has a long, low profile and looks great from every angle. Inside, things get exciting when the optional Carmine Red tachometer swings into action.



The Cayman (and its variants) has a cult-like following among Porscheophiles, who appreciate its smaller size and price compared to those of the venerable rear-engine 911. Owners extol the mid-engine model's agile handling and more balanced weight distribution, which make the Cayman a perfect weekend track toy. Generous front and rear luggage compartments also make it well suited to weekend getaways, as a GTS test car demonstrated on a recent jaunt down the California coast to Del Mar.

Driving the GTS along back roads in and around Del Mar showed its *raison d'être*: fun. The standard 6-speed manual transmission (the excellent 7-speed PDK is optional), with its soul-stirring rev matching and slick short-throw shifting, could make any driver feel like a racing pro. And in a world where it seems as though

everything operates automatically, calling one's own shots—which are amplified by a corresponding exhaust symphony—is a rare and satisfying treat.

Porsches have never been torque monsters, and this car's 280 ft lbs from a 3.4-liter flat 6 may seem underwhelming. But the Cayman GTS can scoot from zero to 60 mph in 4.6 seconds (4.5 when equipped with the PDK transmission and 4.3 seconds when it is in the Sport Plus mode) and reach a top speed of 177 mph (175 mph with the PDK). Notwithstanding these performance specs and track capabilities, the car is best enjoyed on public roads at legal speeds.

Porsche Active Suspension Management regulates damping force based on road conditions, and the optional Porsche Torque Vectoring applies judicious braking to the inside rear wheel when the car enters corners. The locking rear differential gains traction as the Cayman GTS exits the corner and aids in braking stability. The Sport Chrono Package is standard, and in addition to including a feature that records lap times, it provides sportier calibration for the engine, suspension, and gearbox.

When drivers slow the car's pace, they will find ample details to appreciate in the cabin, including excellent seats and jewel-like controls. The tasteful mix of materials blends leather, plastic, metal, and lots of Alcantara. The GTS that Porsche provided for the ride to Del Mar was fitted with the optional Burmester High-End Surround Sound System. It may be overkill to include this system in a car of this size, but when a rousing Bach cantata is played, it transforms the cabin into a miniature of Leipzig's Thomaskirche.

The GTS's base price is just over \$75,000 (about \$79,000 with the PDK transmission), but the cost spools up faster than the engine shoots to redline when options are added. Still, the value delivered by the GTS—from its performance to its build quality to its user-friendly character—makes it a must-drive. Other models may be quicker, more exotic, and costlier, but none delivers more of that elusive quality called fun.

—ROBERT ROSS

Porsche, porsche.com



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Smart Watches

THE BOLD AESTHETIC OF BREGUET'S LATEST TRADITION MODELS HINTS AT THE ADVANCED MECHANICS WITHIN.

ALTHOUGH THE NEW Breguet Tradition 7077 and 7087 preserve the collection's antique design touches and finishes—which are displayed in a modern, openwork format—the movements inside them are much more aggressive in their constructions and technologies than past examples. “These are not like normal movements you can use in various

parts of the collection,” says Marc A. Hayek, president and CEO of Breguet. “With these pieces, we start with a blank sheet of paper and the understanding that the piece will be different from what we are used to today.” In fact, the two new timepieces—a chronograph and a minute-repeater tourbillon—have evolved significantly from the first Tradition watches developed 10 years ago

Asymmetrical gongs are among the mechanical highlights of Breguet's convention-bending Tradition 7087 minute-repeater tourbillon (\$460,700 in rose gold).

by Hayek's grandfather, the former Swatch Group chairman and Breguet CEO Nicolas G. Hayek Sr.

An example of this technical daring is found in the Tradition Chronographe Indépendant 7077. Inspired by the controls of an 1825 Breguet observation timer, the watch has a second balance spring operating at 5 Hz that regulates the chronograph function. A blade spring, which is charged when the chronograph is reset, enables the watch to time short-interval events up to 20 minutes.

The unorthodox method of construction is even more pronounced in the 7087 minute-repeater tourbillon, which confronts the observer with two prominent, asymmetrically looping gongs. “We started without any preconceptions, such as ‘The gongs have to be round,’” says Hayek. “We had to decide where to fit them and ask ourselves how the arrangement affected sound quality.” Drawing on experience gained from other recent acoustic models, such as the Queen of Naples Sonnerie, Breguet's engineers went far beyond the design vernacular of their conventional minute repeaters, changing the attachment points of the gongs and implementing radical new components such as a vertical hammer assembly and a governor with magnetic speed controls.

While the appearance of the new Tradition models is dramatic, their underlying technology showcases the high level of research and development in which the brand has engaged over the last few years. Hayek, however, is keenly conscious of the unique visual appeal the Tradition models offer. “An important part of having a passion about watches is sharing it with friends,” he says. “This is not just a normal collector's watch, but a piece you really want to talk about as well.”

—JAMES D. MALCOLMSON

Breguet, 866.458.7488, breguet.com

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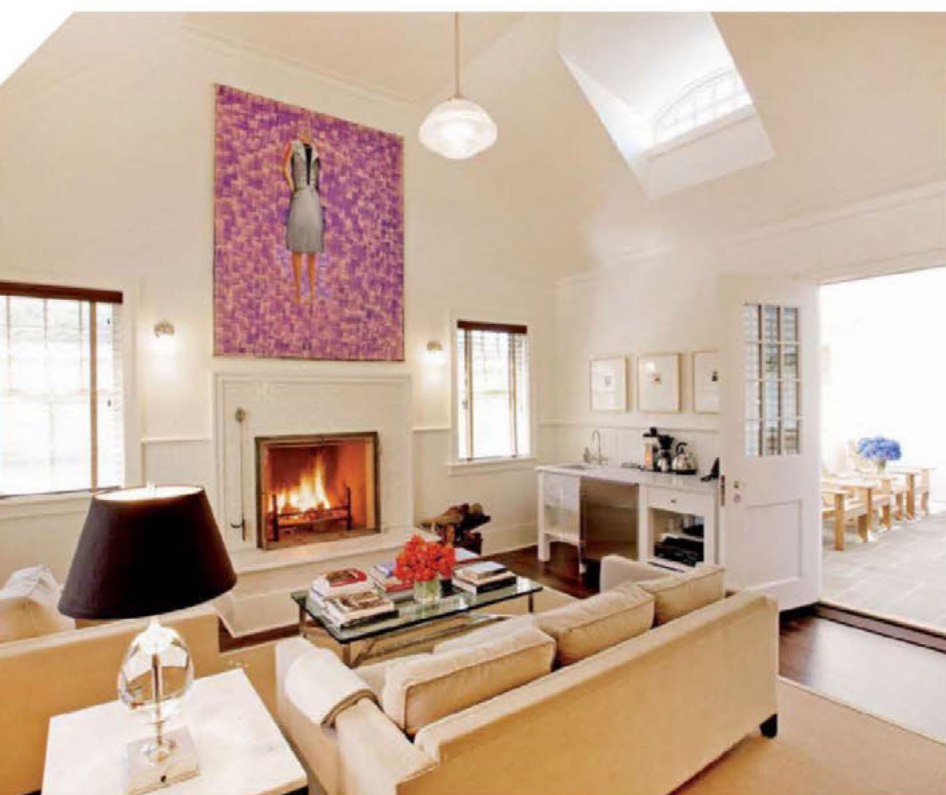
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Weekend Update

A TRIO OF REINVENTED RETREATS BRINGS A LONG-OVERDUE OPTION TO THE HAMPTONS HOLIDAY.

THE DAFFODILS HAD peaked, and the rose bushes were not far behind, when the Inn at Windmill Lane unveiled its new look in May. The scent of lavender filled the air along the hedge-lined pathway leading to Cottage One, where the whitewashed panels were freshly painted and the hammered silver “1” hanging by the door was newly polished. Inside, the fire roared, warming the last nips of spring’s evening chills. On the terrace overlooking a carpet of velvety grass, a bottle of Wölffer Estate rosé—the Hamptons summer drink of choice—sat on a table, ready to be poured.

With its grand shingled homes, tony restaurants, and lively social scene, the Hamptons—that fabled cluster of beach hamlets scattered along the south fork of

New York’s Long Island—has an undeniable appeal. But the region has long suffered from a surprising dearth of five-star accommodations, leaving the occasional visitor to make the unfavorable choice between hard-to-find vacation rentals and rundown surf motels. The Inn at Windmill Lane (pictured), along with other newly renovated properties, is hoping to fill that void by combining the style and ambience of a great Hamptons estate with the service and amenities of a high-end resort.

The Inn at Windmill Lane first opened in 2009, but not until its new iteration did the property join the ranks of elite Hamptons accommodations. Nestled behind Amagansett’s famous windmill, the inn’s seven suites and three cottages now approximate the charming yet opulent style of the

region, with Matouk linens, Duxiana beds, marble bathrooms, white wainscot walls, and a curated collection of art and photography by local artists. Also new is the inn’s 21 House, a four-bedroom estate featuring a private garden, a spa treatment room, and a full kitchen. Service, however, is the greatest enhancement at the inn, with a concierge team that can arrange VIP access to everything from local wineries to the area’s top restaurants.

Beyond Amagansett, the once-popular Baron’s Cove reopened in Sag Harbor this Memorial Day weekend with 67 rooms and suites, many of which feature private garden terraces and harbor-view balconies. A swimming pool, a lounge, and a restaurant helmed by Matthew Boudreau (formerly



of London’s Gru) add resort-style amenities rarely found in Hamptons hotels.

At the end of Old Montauk Highway, the historic Gurney’s Montauk Resort & Seawater Spa is also taking a stab at luxury. Last summer, the 109-room property debuted 38 newly renovated guest rooms, giving a much-needed update to shabby carpeting, timeworn drapes, and outmoded furnishings, and adding floor-to-ceiling windows and terraces that overlook one of Montauk’s only private beaches. In May, the resort also unveiled a renovated spa and five new dining venues—including a beach club, a cocktail club, and an outpost of Manhattan’s Scarpetta—where the rosé will undoubtedly flow well into the final days of summer. —JACKIE CARADONIO

Baron’s Cove, 844.227.6672, baronscove.com; **Gurney’s Montauk Resort & Seawater Spa**, 631.668.2345, gurneysmontauk.com; **The Inn at Windmill Lane**, 631.267.8500, innatwindmilllane.com



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❖ In October, Golden Door completed an extensive renovation that updated the original spa's Japanese Edo-period aesthetic. ❖



Gates of Paradise

SOUTHERN CALIFORNIA'S ORIGINAL DESTINATION SPA
EMERGES FROM A DIVINE REINVENTION.

AT SOUTHERN CALIFORNIA'S Golden Door spa, the path to wellness is a short one. Stepping through the spa's magnificent golden threshold and following its suspended walkway, one immediately senses that the world has slowed down. Any tension in the shoulders and neck begins to subside upon passing through the Japanese-style gardens filled with stone lanterns and bamboo reeds. And by the time one arrives at the reception area—a light-filled space that resembles a Japanese *ryokan* with wood-paneled walls and painted scrolls—all anxiety has melted away.

The gilded entryway at Golden Door has been transporting guests since 1958, when the retreat in northern San Diego County opened as one of the world's first destination spas. At the time, the property introduced an ashram-style format that later became popular in Southern California. By

the late 1990s, however, the spa was in need of some serious pampering. More than a decade later, in 2012, a longtime patron acquired Golden Door with an eye toward renewing the legendary spa's sparkle.

Reopened last October, the 600-acre retreat has been transformed by the New York-based designer Victoria Hagan with a subtle new aesthetic that builds on the Japanese Edo-period style of the original property. Guests—dressed in custom workout gear and cotton kimonos—reside solo in 40 rooms, which feature neutral tones and tactile furnishings that mirror the meditative koi ponds and Zen gardens outside. Additions to Golden Door's grounds include an olive orchard, a 3,000-square-foot greenhouse, a chicken coop, and an herb garden.

The spa's programs have also been retooled to foster a stress-free environment from start to finish. Each guest meets with

a spa concierge to determine his or her preferences for everything from daily calorie intake to physical activities and massage times. Though packed with lectures, cooking classes, and personal training sessions, each itinerary is entirely voluntary, with no roll calls or mandatory activities.

Such freedom proves liberating to guests, who can choose to skip, say, the 8-mile hike marked on their itineraries in favor of sleeping in. Most activities at Golden Door, however, are well worth any effort involved. Whether it is midmorning yoga, afternoon meditation, or an early evening massage, the sessions help prepare guests for that inevitable day when they cross back over Golden Door's threshold, renewed and ready for what lies on the other side.

—SAMANTHA BROOKS

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Elevating Its Game

NOVA SCOTIA'S CABOT LINKS RESORT UPS THE ANTE WITH ITS NEW CLIFFS COURSE.

WHILE DOOMSAYERS fret over the fact that more golf courses are closing in North America than opening, many fail to recognize that those debuting are, by and large, quite special. None is more so than Cabot Cliffs, which opens this July on the western side of Nova Scotia's Cape Breton Island, along the Gulf of Saint Lawrence. The new layout joins the Cabot Links golf course—which received *Robb Report's* Best of the Best honors after opening in 2012—to give the resort of the same name a powerful one-two punch.

Designed by Bill Coore and Ben Crenshaw, the Cliffs occupies a sprawling and spectacular site a mile up the road from the gulf-hugging Links. The course begins by

playing hide-and-seek among giant coastal dunes that would not appear out of place in Ireland. Holes four and six, two lengthy par 3s, in particular recall the swelling landforms of Lahinch or Ballybunion.

But it is when the Cliffs steps up at number nine—another par 3, this one climbing to an infinity green 100 feet above the waves—that the course throws back its shoulders and emits one mighty roar after another. Holes run along the cliffs, away, back again, up into the trees, and finish majestically along what feels like the edge of the Earth. From the 15th green to the final putt, the golfer tightropes along a rocky rim, with disaster threatening every shot. At the 16th and 18th, deep chasms must be carried once and twice, respectively, while

the short par-4 17th (330 yards from the back tees, 275 from the more sensible ones) is a right-angling Cape hole that entices even the normally sober player to cut off a wee bit more—or die trying.

It is heart-stopping action—and the ideal complement to the more sedate Links, which is located next to the resort's minimalist lodge. Cabot Links recently enlarged its lodge to 60 rooms, with two new two-bedroom and four new four-bedroom villas, and the resort offers a range of dining options, from pizza to gourmet fare. A short walk down the main drag of tiny Inverness leads to a smattering of stores, a very good coffee shop, and a beach. The region also features hiking, whale watching, fishing, and other water sports, while another sort of liquid leisure is available six miles south: The Glenora Distillery, which produces fine Scottish-style single malts, serves up an appropriate elixir after a clash with the Cliffs. —JAMES A. FRANK

Cabot Links, 855.652.2268,
cabotlinks.com

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the PALATE





❖
A heli-fishing haven
on New Zealand's
South Island since
1979, Cedar Lodge
reopened last fall with
a new look.
❖



Super Fly

IN NEW ZEALAND, A HELI-FISHING PIONEER
SOARS TO NEW HEIGHTS.

THE R44 RAVEN II hovers above Mount Aspiring National Park, waiting for a hole in the clouds to appear. The craggy cliffs and snaking rivers of New Zealand's South Island are blanketed in a thin, white fog, which obscures our path to a clearing on the shore below. Suddenly, the helicopter zooms through, touching down on the edge of an unnamed tributary just long enough for Chris Daughters and me to hop out and make our way upstream.

We are on the hunt for the snouts of feeding trout, but to my untrained eyes, I see little more than gin-clear water rushing over smooth boulders and pebbles. "There's one," Daughters says, pointing 40 feet upstream, just off the bank. I drop my beetle fly in and hold my breath. Soon, a brown trout—five or six pounds, at least—is tearing about, leaping clear of the water's surface several times before landing in Daughters's net. Triumphant, I pose for a picture with my feisty first catch before releasing it back into the river.

With its combination of big fish, spectacular scenery, and crystalline streams, New Zealand's South Island has long been a bucket-list destination for fly-fishing enthusiasts such as Daughters. The American entrepreneur and avid angler first came to the region more than 20 years ago. "I was taken with the landscape, the friendly people, and the quality of the fishing," he recalls. Several years later, Daughters visited Cedar Lodge—a 5-acre fishing retreat on the edge of Mount Aspiring National Park—for his 40th birthday, and he was instantly enamored. "When we heard that the lodge was up for sale," he says, "it felt like it was meant to be."

Daughters and his wife, Shauna, purchased Cedar Lodge in 2013 with an eye toward updating the heli-fishing lodge for modern travelers. Originally opened in 1979, the five-room property pioneered the concept of heli-fishing in the region, flying guests to dozens of rivers that seldom, if ever, attracted other anglers. The

Daughterses' revamped property reopened last fall with a new look and amenities, including a guest lounge with floor-to-ceiling windows and an alfresco dining area serving French and "modern Kiwi" cuisines. Future plans include renovations in the guest rooms and remaining public spaces, as well as a host of new experiences that include heli-hiking, jet-boat tours, and ATV excursions.

World-class fly-fishing remains Cedar Lodge's *raison d'être*, and by the end of my afternoon with Daughters I have landed a handful of sizable specimens. Between poses with our prize catches, however, the retreat's owner reminds me that the action on the water should not outshine the Mount Aspiring surroundings. "As much as you need to focus on the river, it's a good idea to look up now and then," he says. "Missing the scenery would be a shame."

—CHRIS SANTELLA

Cedar Lodge, 541.510.4365, cedarlodge.net



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HENNESSY'S 250TH-ANNIVERSARY COGNAC OWES ITS EXTRAORDINARY CHARACTER AS MUCH TO ITS ONE-OF-A-KIND BARRELS AS TO ITS EAUX-DE-VIE.

HENNESSY, THE WORLD'S largest Cognac producer, requires a very special occasion for the release of a limited edition. In 1999, to celebrate the impending new millennium, the brand produced 2,000 bottles of Timeless, a blend of 11 of its best vintages from the outgoing century. In 2007, to commemorate the 100th birthday of Kilian Hennessy (the company's CEO during the 1970s), it produced 100 examples of Beauté du Siècle, a limited Cognac packaged in a liqueur chest constructed of aluminum and mirrored glass. And this year, which marks the brand's

250th anniversary, Hennessy has released its 250 Collector Blend, a marriage of an undisclosed number of Cognacs between 15 and 35 years old. "The number [of Cognacs used] is not that important," says Yann Fillioux, Hennessy's seventh-generation master blender who has worked for the company since 1965. "The difference for me as a master blender is the overall character. The blend should be a sum of its parts and reflect overall elegance and balance. I wanted to choose Cognacs that gave a special sparkle to the blend. I wanted it to be in the tradition of Hennessy's rich, powerful style."



Fillioux spent four years devising this limited release, and his involvement further cements the legacy of a joint family partnership that has endured for more than two centuries. In 1765, Richard Hennessy, an Irish officer who served with the army of King Louis XV, entered the Cognac industry and immediately rebuked tradition. At that time, barrel makers also served as Cognac blenders, but Hennessy instead chose to hire Jean Fillioux, a talented private distiller who became the brand's first *maître de chai* (cellar master). Today, Maurice Richard Hennessy, an eighth-generation member of the brand's founding family, serves as Hennessy's global ambassador. No other Cognac producer can claim such a longstanding collaboration between two families.

In producing the 250 Collector Blend, Fillioux transferred the mix of spirits from traditional 270-liter Cognac casks into 250-liter versions specially constructed at the company's La Sarrazine cooperage. Appropriately, only 250 of those smaller casks were made. The blend matured in those barrels for two and a half years before being bottled in a limited (though undisclosed) number of decanters, each priced at \$600. The finished product is both gentle and complex, with layered flavors of citrus, cherries, and raisins. A hint of smoke precedes the finale, which reveals wood and floral notes. "To finish this Cognac in barrels of a size that doesn't exist and that we had to invent, well ... these situations don't exist anywhere else," says Maurice Richard. "It's a good way to celebrate." —RICHARD CARLETON HACKER

Hennessy, hennessy.com

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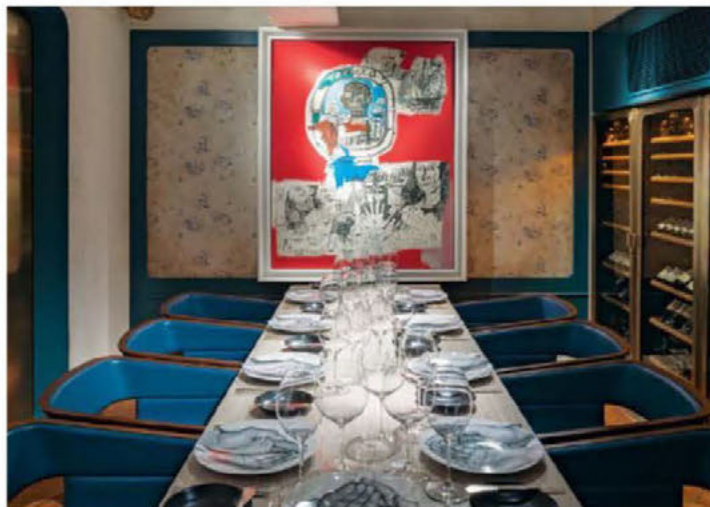
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◆
Duddell's (far left) hosts as many as four exhibitions annually. A painting by Jean-Michel Basquiat flavors the dining experience at Bibo (left).
◆

The Tastemakers

IN HONG KONG, THE COMBINATION OF FINE ART AND FINE DINING SPARKS THE IMAGINATION.

AT THE THIRD annual Art Basel Hong Kong in March, one of the hottest openings was *Hong Kongese*, an exhibition presented by London's Institute of Contemporary Arts. The show greeted visitors with a large neon sign—an homage to the fast-fading fluorescent façades of Hong Kong's neighborhoods—and featured the works of such rising contemporary artists as Lee Kit and Dexter Dalwood. Still, much of the fanfare surrounding *Hong Kongese* concerned its setting: Instead of a traditional gallery or a frenzied fair booth, the show was held at Duddell's, a Michelin two-star restaurant in the Central district.

This occasion was not the first time Duddell's became center stage for Hong Kong's art scene. Since the two-story space opened in 2013, Alan Lo—one of its cofounders—has worked with the city's top curators and consultants to organize up to four exhibitions per year. "It's not just about hanging pretty pictures on the wall," he says. "This is a place that takes art as seriously as it does food." Indeed, exhibitions at Duddell's have been

curated by such big names as Ai Weiwei and the Dutch art critic Inti Guerrero. And the cuisine—a faithful rendition of traditional Cantonese—is likewise significant, earning its second Michelin star in October.

As Hong Kong's creative culture flourishes, Duddell's clever mix of fine art and fine dining represents the vanguard of a new genre of restaurant that offers serious cuisine and exhibits (though rarely sells) highly collectible contemporary artwork. At Bibo, a French eatery that debuted last year, chef Mutaro Balde presents such dishes as pan-fried Hokkaido scallops with bok choy and chorizo in a room filled with original and commissioned works by Takashi Murakami, Jeff Koons, and Jean-Michel Basquiat. Paintings by Damien Hirst hang above the urinals in the men's bathroom. Nearby, in the city's PMQ center—a former police dormitory that now houses nearly 100 art galleries and design shops—chef Jason Atherton's newest Hong Kong restaurant, Aberdeen Street Social, serves modern British cuisine alongside an art collection that includes a

large-scale commissioned mural by Adrian Wong. "The space at PMQ is so inspiring," says Yenn Wong, the restaurateur behind all three of Atherton's Hong Kong venues. "It's always bustling with creative people."

Also last year, the Hong Kong-based curator Jennifer Chung opened the Popsy Room, located in the historic Sheung Wan district. This "multi-sensorial space," as Chung calls it, operates as a traditional gallery by day and a French restaurant by night, serving multicourse tasting menus whose dishes complement specific works of art. The current exhibition, *Ribbons & Skulls*, runs through July 25 and pairs the U.S. artist Tracy Lee Griffith's paintings with such dishes as a scallop tartare topped with colorful streaks of mango and strawberry sauce. The dish and the art "are equally important," Chung says. "The food is the communication tool for the art." —JACKIE CARADONIO

Aberdeen Street Social, aberdienstreet-social.hk; **Bibo**, bibo.hk; **Duddell's**, duddells.co; **The Popsy Room**, thepopsyroom.com

RIGHT: GRAHAM UDEN

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has come to
market for
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◆

Grand Stand

WHARTON ESHERICK'S MOST FAMOUS FURNISHING IS AMONG HIS WORKS ON EXHIBIT AND ON THE MARKET.

WHEN ROSE RUBINSON asked for a music stand, Wharton Esherick gave her a masterpiece. Robinson, a Philadelphia Main Line resident and frequent patron of Esherick, commissioned the stand in 1951, a couple years after she first met the craftsman, a fellow Pennsylvanian. The stand was magnificent, and Esherick knew it. "It was intended to be only one, but it was such an incredible design success, he made two more for himself," says Robert Aibel, the founder and director of the Moderne Gallery in Philadelphia. Eleven years later, Esherick oversaw the production of a limited edition

of 24 stands. One entered the collection of the Metropolitan Museum of Art in New York. The original has remained with the Robinson family and is headlining *Wharton Esherick (1887–1970): The Rose and Nathan Robinson Collection*, a selling exhibition of more than 40 works that began in April and continues through September 6 at the Moderne Gallery. The stand, which remained unsold when *Robb Report* went to press, is priced at \$450,000.

Aibel has not mounted an Esherick show since 1996, but not for lack of interest in his work. "It really is impossible to get that many pieces together," Aibel explains. "I'm

not aware of any large collections coming up again. I don't anticipate another show ever."

David Rago, a co-owner and founding partner of Rago Arts and Auctions in Lambertville, N.J., echoes Aibel's lament. "I really love this guy's work," he says. "The problem with Esherick's market is there's just not enough material out there." In 2006, Rago sold a three-panel folding screen that Esherick made in 1927 to Boston's Museum of Fine Arts for \$312,000. Three years later, it sold a circa-1969 sculpted-top buffet for \$335,500.

Examples of his work are rare because Esherick viewed furniture as art, not product. His deliberate erasure of the line that separated fine art from craft gave rise to the Studio Furniture movement, which counts among its luminaries Sam Maloof, Wendell Castle, Arthur Espenet Carpenter, and George Nakashima.

Esherick, formerly a painter, began making furniture in 1920 and remained active until his death at age 82 in 1970. He initially concentrated on surface carving, but by the 1930s, his focus had turned to the sculptural forms of furniture. Aibel estimates that during those 50 years Esherick made about 3,500 pieces, including wood figures.

"When the works come up for sale, they usually come from families," says Tim Andreadis, a specialist in 20th-century design at Freeman's auction house in Philadelphia. "People have a real emotional attachment to them. Their parents or grandparents knew Esherick, and they have a real respect and reverence for these pieces. They're like part of the family in some cases."

As an example, Andreadis cites *Essie/Rebecca*, a 1933 cocobolo wood sculpture of a standing female that sold in November at Freeman's for \$123,750. The buyer was the Modernism Museum Mount Dora in Mount Dora, Fla., and the consigner was in the room during the auction. "He was in tears at the end of the sale," Andreadis says. "He really loved and had a deep appreciation for the sculptor that Esherick was."

—SHEILA GIBSON STOODLEY

Freeman's, freemansauction.com;
Moderne Gallery, modernegallery.com;
Rago Arts and Auctions, ragoarts.com



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R Of Note

From David Arnold,

Senior Vice President/Group Publisher
of *Robb Report*

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Nestled in the heart of the French Riviera, the Cannes Yachting Festival brings the city of Cannes to rank as the world capital of yachting. The 38th edition, to be held September 8–13, will be no exception, hosting the biggest names in boating, the most famous shipyards, the most iconic brands, and the most prestigious yachts. It will welcome 550 boats on display, from 5 to 55 meters, nearly 100 world premieres, sail and motor, monohulls and multihulls.



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Vision of



Ercole Spada joined the Milanese coachbuilder Zagato in February of 1960 and set about designing Aston Martin's DB4GT Zagato coupe. The car was introduced in October of that year at the London Motor Show, and because of its beauty and rarity, it has become the marque's most prized model.

At the same time that he was conceiving the coupe, Spada, who was 23 at the time, made a few pencil renderings of a DB4GT roadster—or more specifically, an open racecar known in Italy as a barchetta. Today, 55 years later, a car based on that design is being built under the direction of Jonathan Ward—and Spada himself. It is called the Icon Aston Martin DB4GTZ Spada Roadster.

an Icon

Ercole Spada's original 1960 design for a roadster version of a Zagato classic becomes reality.

By Robert Ross | *Photography and CGI renderings courtesy SpadaConcept*



Ward is the founder and lead designer of Icon, a Chatsworth, Calif., company that produces, among other vehicles, concours-quality road-warrior apparatus based on the Toyota FJ40 and Ford Bronco. Ward's operation also attracts clients who commission unique rolling stock. To one such client, an Aston Martin fan, Ward proposed a convertible version of the DB4GT Zagato; and so began a project that would exceed all expectations.

THE ZAGATO NAME is connected to some of the most beautiful automobiles ever created. Founded in 1919 by Ugo Zagato, the coachbuilder has used aerodynamic theory and lightweight aluminum construction to create exquisite designs and hand-built bodies for one-offs or limited-series production models for virtually every Italian sports-car maker.



Above, from left: An original DB4GT Zagato in action; the new Roadster takes shape; father and son consider their creation; a wooden buck used to form the aluminum body. Previous spread: a rendering of the Icon Aston Martin DB4GTZ Spada Roadster.

Indeed, some of the most collectible Alfa Romeos, Lancias, and Maseratis are clad in Zagato's aluminum finery.

Aston Martin is not typically associated with Italian design, and yet the British marque's DB4, DB5, and DB6 series of the late 1950s and '60s were styled by Zagato's Milan neighbor, Carrozzeria Touring. Aston Martin introduced the DB4GT in 1959. It was a modified version of the DB4 that featured a body by Touring, a shorter chassis, a lighter weight, and a more powerful engine. A year later, the British marque, intent on besting Ferrari's 250 GT and other motorsports competitors, commissioned Zagato to build a more race-worthy version of the DB4GT. At Zagato, the task of designing the car went to Spada. The DB4GT he created was more aerodynamic and more sensuous than Touring's upright design, and it was about 100 pounds lighter because of the extensive use of aluminum and the jettisoning of bumpers and other components deemed extraneous. Despite plans to produce 25 examples of the car, demand flagged, and only 19 were completed by the time production ceased in 1963. Four of the 19 were built with more aerodynamic bodies and to pure racing specification.

Over the entire series of DB4GT Zagatos, no two are exactly alike. Today these cars are unquestionably the most coveted Aston Martins; they are as significant and sought after as Ferrari 250 GTOs. Though they may not command the same prices as the Ferraris, their value, at more than \$10 million, is commensurate with their beauty and rarity.

By 1970, Spada had left Zagato and become the chief designer at Ford's Italian design house, Ghia. (Zagato allowed him to retain ownership of his drawings and designs for the cars that the coachbuilder never produced, including the DB4GT barchetta.) In 1976 he became the chief stylist for BMW, where he designed the 5 Series and 7 Series sedans that the company produced from the mid-1980s to the mid-'90s. In 1983, Spada assumed the top post at the I.D.E.A. Institute, an Italian design firm

that created compact and luxury cars for Alfa Romeo, Fiat, Lancia, and a number of Japanese and Korean brands. He returned to Zagato in 1992 to work on the Ferrari FZ93 and subsequent designs.

WHILE DEVELOPING ICON'S design for a DB4GT roadster, Ward researched all the published plans for the Zagato coupe and used two examples of the car as references: one in England that he laser-scanned and another in Beverly Hills that belongs to the collector David Sydorick. Those resources and a healthy dose of what-ifs enabled Ward to make 3-D renderings and a one-twelfth-scale model of a roadster.

He had tried to locate published photographs of Spada's original barchetta drawings and ultimately to locate Spada, but to no avail. Ward had heard that the designer was deceased, or that he was in a psychiatric hospital. Then another of his clients offhandedly mentioned that Spada had recently attended his daughter's wedding. He was alive and well, residing outside Turin, Italy, and working with his son, Paolo, at SpadaConcept, an automotive and industrial design house that Paolo established a decade ago.

The client offered to share Ward's design plans with Spada. When Spada, who turns 78 in July, learned of the project, he wanted in. And so began a collaboration that, says Ward, "let Ercole Spada set the record straight."

"Spada's eagerness to collaborate was just too absurd an opportunity to pass up," he says. "We literally threw away everything we had done up until that day and started over again, working directly with Ercole and Paolo."

SPEAKING ON THE PHONE from Italy with his son translating, Spada is gracious and charming as he describes how he had yearned to see his DB4GT barchetta plans come to fruition. He says that in the 1960s there was a pending commission from an Italian client to build one, but the car was never made.



“Spada’s eagerness to collaborate was just too absurd an opportunity to pass up.”

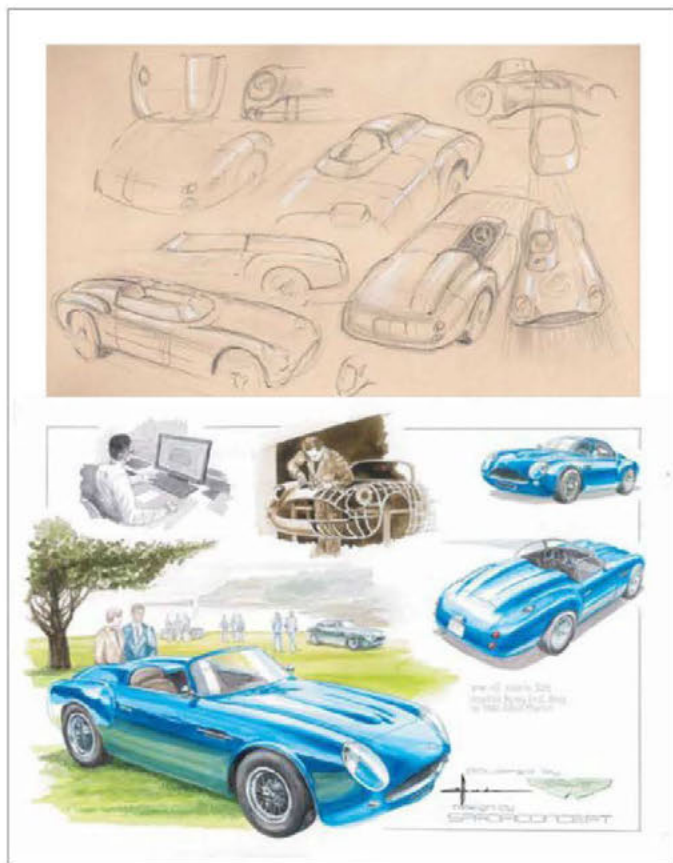
—JONATHAN WARD, LEAD DESIGNER AT ICON



In developing the design plans with Ward, Spada combined his preferred elements from each original DB4GT Zagato coupe—from the muscular rear fenders to the not-too-oval aluminum headlight surrounds. He focused on details that were overlooked during the construction of the original cars and of the contemporary replicas. “Now he gets angry. Now he gets excited,” says Paolo as he translates for his father. “Everybody makes these lights oval. In reality, it should be squared in the area inside the ring where the nose is. This gives a totally different look to the car. It’s a more aggressive expression compared to the fakes that are around.”

Ward and Spada have had to address numerous aesthetic and technical challenges throughout the design process, such as the inclusion of a removable hard top, which was not part of the 1960 plans but was added at the request of the Icon client.

At the outset of the project, a critical decision involved the roadster’s drivetrain: Should it be period correct, or should it comprise contemporary mechanicals? The original Zagato coupes were built on a DB4GT platform with a 4-speed transmission, Girling disc brakes, and then-state-of-the-art Borrani wire wheels. The engine was Aston Martin’s 3,670 cc DOHC aluminum inline-6



Above, from top: Spada's 1960 drawing for the barchetta; a watercolor of the roadster 55 years later; Spada resolves a detail.



with twin plugs, triple Weber carburetors, and an output of 314 hp. Today, even the most carefully massaged Aston Martin from that era remains a relatively crude contraption, with performance that is modest and quirky by comparison to that of any 21st-century sports car. Therefore the roadster is being built on a unique chassis that was designed with help from Art Morrison Enterprises, a Washington-based company that specializes in producing custom chassis for classic cars. The engine is a powerful V-12 from a 2002 Aston Martin Vanquish. It is paired with a 6-speed Tremec transmission. The car will ride on a set of specially made Borrani wire wheels.

Ward expects to complete the Icon Aston Martin DB4GTZ Spada Roadster by the end of the year. Craftsmen in Turin are hammering the body panels by hand, using techniques similar to those employed by the Zagato body men who produced the DB4GT coupes.

"Working with my father and Jonathan, sharing old and new, classic and futuristic—for me this was a really great occasion," says Paolo Spada. "We had to work all three together. We had to pool our thoughts. The modern aspects like 3-D modeling, then the hammering like in 1960—it was like listening to Beethoven with an iPod."

When Paolo is asked to query his father about which car has brought him the most satisfaction, the two exchange many words in Italian. It is a question that a designer—or any artist—loathes.

"Normally, he doesn't answer this question, because every car is different," says Paolo. "But this evening, I think he's in a good mood. From the racing point of view, surely the Alfa Romeo TZ2, which is the perfect combination of design and functionality. They had a lot of good results with the car. From the economical point of view, the BMW E32 7 Series. This car changed the history of BMW, because it was very modern and brought a very big economical result for BMW. And of course, the Aston Martin DB4GT Zagato, because it's a milestone, too." 

Icon, icon4x4.com; *SpadaConcept*, spadaconcept.com



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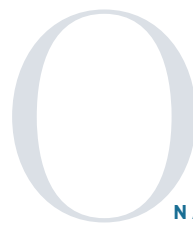
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OUT OF THE DRIVER'S SEAT

Luxury automakers may eventually be telling car owners, "Leave the driving to us."

By Shaun Tolson





ON A STAGE at the International

Consumer Electronics Show in Las Vegas in January, Dieter Zetsche, the head of Mercedes-Benz's car division and the chairman of parent company Daimler, spoke about the future of luxury automobiles. "Cars will turn into mobile homes in the very best sense of the word," he said. "They will be exclusive cocoons on wheels that enable people to do exactly what they want or need to do. This is the redefinition of automotive luxury."

On cue, the Mercedes-Benz concept vehicle known as the F 015 Luxury in Motion joined Zetsche, driving itself onto the stage. Measuring slightly more than 17 feet long, just over 6.5 feet wide, and 5 feet tall, the car is no more imposing than the brand's S550 sedan. But the vehicle's unusually long wheelbase and unbroken line from headlights to taillights give it a futuristic look. "Anyone who focuses solely on the technology has not yet grasped how autonomous driving will change our society," Zetsche continued. "The car is growing beyond its role as a mere means of transport and will ultimately become a mobile living space."

The F 015 features front seats that can pivot 180 degrees to face the rear seats, creating the type of club seating

found on a business jet or passenger train. When the front seats are facing forward and the manual-driving mode is selected, a steering wheel extends from the dashboard. LED lights on the grille glow blue when the vehicle is driving autonomously and white when a person is behind the wheel.

"Autonomous driving is one of the greatest innovations since the invention of the motorcar," says Thomas Weber, the head of Mercedes-Benz Cars Development. "Drivers are relieved of work and stress in situations in which driving is not enjoyable, and the time gained while in their car takes on a whole new quality."

"It is private space and time, and those are the two things that autonomous driving gives us," adds Bart Herring, the general manager of product management for Mercedes-Benz USA. "There are few things that return time to you. [The F 015] is the ultimate expression of where we think things could go. It's really us saying to the industry, 'You need to think of autonomous driving in a bigger way than you are now; you can't think of such a game-changing piece of technology by using the same delivery of that technology that you use today.'"

If the F 015 ever evolves into a production car, it will take more than a decade, but auto manufacturers have already laid the foundation for self-driving vehicles. In addition to building the F 015, Mercedes-Benz produces current models with safety



With front seats that swivel to face the rear seats, the self-driving Mercedes-Benz F 015 Luxury in Motion is designed as a mobile living space.



A LANE-KEEP ASSIST PROGRAM DETECTS WHEN THE VEHICLE IS STARTING TO VEER OUT OF ITS LANE AND ENABLES IT TO STEER ITSELF BACK ON COURSE.



systems that enable the vehicles to automatically adjust for upcoming road surfaces and slow down or stop to avoid collisions. Lexus and Audi are also investing in autonomous-driving technology and implementing automated systems that make vehicles safer, and Porsche is experimenting with technology that will drive cars more efficiently than humans normally would.

The idea of a self-driving car dates to at least 1958, when General Motors introduced the Firebird III. It was one of the so-called “Dream Cars,” the flamboyant concept vehicles that GM built mainly to draw crowds to its Motorama auto shows, where the company’s current models were also on display. The Firebird III was designed with side fins and tail fins that made it look like a fighter jet. Branded “an experiment for tomorrow,” it was equipped with a center console joystick that controlled acceleration, braking, and steering. It also included an automatic guidance system that relied on two pickup coils mounted under the front of the car. The coils were designed to straddle a “car-carrying” wire embedded in the highway. A nationwide network of wire-embedded roadways never materialized, so the car never drove on its own. However, the same year that the Firebird III debuted, the first production cars equipped with cruise control rolled onto showroom floors.

Today, some luxury cars are equipped with advanced adaptive cruise-control systems that enable a degree of self-driving. Each Lexus LS model (LS 460, LS 460 F Sport, and LS 600h L) has a system that uses radar to read the movement of the car ahead in slow-moving and stop-and-go traffic and accordingly slows or stops the Lexus. A lane-keep assist program (also developed by Toyota, Lexus’s parent company) employs a camera system that can detect when the vehicle is starting to veer out of its lane and enables it to steer itself back on course. “Lane assist and cruise control are two

separate systems,” explains Hideki Hada, the general manager of integrated vehicle systems for Toyota/Lexus, “but if we combine those two, you can see that automated driving already exists in production vehicles.”

Hada is also involved in the development of the company’s Automated Highway Driving Assist system, which the company debuted on a prototype Lexus GS Hybrid late last year. The system is a combination of three programs—Dynamic Radar Cruise Control, Lane Trace Control, and Predictive & Interactive Human Machine Interface—and is intended to help drivers keep the car a safe distance from other vehicles when traveling at highway speeds. It is also designed to monitor the driver’s focus and will send an alert if it detects prolonged periods when the driver’s eyes are not open or on the road, or when the driver’s hands are not on the steering wheel. “Distinction between driverless and automated-driving technology is very important,” Hada says. “We don’t want to eliminate the driver from the driving path.”

In January, Audi eliminated the driver for the majority of a 560-mile trip when it sent an A7 equipped with its piloted-driving technology from Silicon Valley to Las Vegas for the electronics tradeshow. The car drove itself on well-marked divided highways and at standard interstate speeds, though a driver remained behind the wheel at all times. When in piloted-driving mode, the car retracts the steering wheel several inches—literally taking it out of the driver’s hands—and, using numerous cameras and sensors, it follows traffic, changes lanes, and passes vehicles on its own. “That was an important milestone to show that the technology can control itself and recognize the cars around it at high speeds,” says Brad Stertz, Audi of America’s corporate communications manager. “It didn’t need a car in front of it, which has been a requirement up until now.”

The Society of Automotive

Lexus LS models, such as the LS 460 F Sport, feature a system that slows or stops the car in stop-and-go traffic according to the movements of the vehicle ahead of it.



An Audi A7 equipped with the company's piloted-driving technology is able to drive itself at interstate speeds on well-marked divided highways.

Engineers recognizes five stages of automated driving. Stage 1 involves vehicles with standard assistance programs, such as adaptive cruise control. In stage 2, these programs interact with one another, but the driver must still monitor the driving environment. Stage 3, which includes the technology used by Audi's A7 test car, also involves connected driver-assistance systems, but the car can drive itself at faster speeds and will

IN PILOTED-DRIVING MODE, THE CAR FOLLOWS TRAFFIC, CHANGES LANES, AND PASSES VEHICLES ON ITS OWN.

also monitor the driving environment. In stage 4, a car can drive itself and can react appropriately if a human operator does not respond to the car's request for the driver to take control. Stage 5 represents a fully autonomous vehicle, one that does not require a human operator in the driver's seat. According to Stertz, only New York state laws, which require one hand on the wheel at all times, stand in the way of stage 3 technology being implemented in future production vehicles. The bigger question is how the U.S. government will react to the development of fully autonomous cars. "Almost since the dawn of the horseless carriage, the state has always regulated the behavior of the [human] driver, and the federal government has regulated the vehicle and its safety," he says. "Now the machine is the driver, and that's where it gets complicated."

Porsche is also experimenting with automated-driving technology. Its focus is on platforms that will

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M/Y Polar Star 63.4m/208' Lürssen, 2005/2011



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Porsche tested its InnoDrive automated accelerating and braking technology in a Porsche Panamera prototype last year.

maximize the car's performance. The adaptive cruise-control system that Porsche calls InnoDrive uses GPS, speed-limit data, and other factors to determine when the car should accelerate or brake—independent of the driver's input. "If you're going through the mountains, there will be turns that will look slower than they actually are," says Calvin Kim, a product experience manager for Porsche Cars North America. "The

computer knows the radius of the turn and what's around the other side of the ridge, [and if it is safe to do so] the car won't slow down at all. Human instinct would be to drop the speed a few miles an hour. InnoDrive says, 'No, keep the speed and the momentum preserved.' We're not doing this to make cars easier to drive, but so that the performance of the cars can be better accessed."

Porsche, which most recently

tested this technology last year in a Panamera prototype, plans to continue experimenting, but it has no intention of unseating the driver. "At the end of the day, we're a sports-car company," Kim says. "You buy a Porsche because you want to drive the car." 

Audi, audiusa.com; **Lexus**, lexus.com; **Mercedes-Benz**, mbusa.com; **Porsche**, porsche.com

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TWO WHEELS, NO LIMITS

When designers and builders are unconstrained by convention, they produce motorcycles that set new benchmarks for style and performance.

By Basem Wasef



T

HE MOTORCYCLES IN this selection come from different parts of the world, belong to a variety of classes, and vary widely in appearance—from each other and from virtually every other model. Indeed, each is sufficiently rare and unusual looking to serve as a statement from and about the rider. Outrageous designs and advanced materials distinguish these bikes, but so do unsparing attention to detail and groundbreaking engineering. They reflect what is possible when boundaries are pushed and limitations are lifted.

TITANIUM TITAN

Though the spec sheet lists numbers that are as extraordinary as the bike's \$200,000 price—175 hp and 160 ft lbs of torque propelling a machine that weighs only 455 pounds—the most impressive aspect of the **Ecosse Moto Works Founder's Edition Titanium** (ecossemoto.com) may be the labor-intensive details that distinguish it from every other motorcycle. These include the beautifully finished clear-coated carbon-fiber fenders, fuel tank, tail section, and wheels. Then there are the frame sections, which are made of titanium and require more than 2,000 hours of labor to fabricate.

The bike's engine is a 2,100 cc S&S Cycle V-twin that the master engine builder Derek Churchwell has balanced for smoother operation and optimal output. The FE Ti combines the ergonomics of a cruiser with the performance of a superbike, merging the most extreme characteristics of two seemingly disparate classes into a cohesive package.

Ecosse's price for the bike is far less than that of the Colorado-based company's supercharged, 225 hp FE Ti XX. At \$300,000, the FE Ti XX is considered the world's most expensive motorcycle.

UNLIKE MASS-MANUFACTURED SUPERBIKES, WHICH FEATURE TRICKLE-DOWN COMPONENTS, THE RC213V-S IS ESSENTIALLY A MOTOGP RACE BIKE WITH A LICENSE PLATE.

ROAD RACER

When the MotoGP racing phenom Marc Marquez introduced the **Honda RC213V-S** (powersports.honda.com) last November in Italy at the EICMA motorcycle show, Honda coyly called the bike an "important prototype." Since then, this radical design has been all but confirmed as a future limited-edition production model, and that is a tantalizing prospect for riders seeking ultimate speed and handling in a street bike.

Unlike mass-manufactured superbikes, which feature trickle-down components from race bikes, the RC213V-S is essentially a MotoGP race bike with a license plate. It is rumored to have a V-4 power plant with an engine bore and stroke identical to those of its race counterpart, the RC213V. It features carbon-fiber structural sections and high-spec suspension components. Tucked into the nose are small, street-ready headlights, which some suspect can be easily removed for track days.

The Ecosse Founder's Edition Titanium (opposite) looks like a work of art. The Honda RC213V-S (below) performs like a MotoGP racer.





Honda has not yet released any performance specs. Estimates put the bike's price at \$170,000.

GRASS ACT

Designed and engineered by the French inventor and motorcycle enthusiast Olivier Midy, the **Midual Type 1** (midual.com) is a study in

exquisite details that include delicately finished tank-mounted gauges and saddle-stitched leather covering the knee grips, handgrips, and seat. The Type 1 was officially unveiled last August at the Pebble Beach Concours d'Elegance. There it was the first motorcycle ever displayed on the Concept Lawn, a showcase usually

reserved for the most notable automotive prototypes and new production models.

The bike is built around a frame cast from a single piece of aluminum that also serves as the fuel tank. The 1,036 cc flat-twin engine, which was developed entirely in-house, produces 106 hp at 8,000 rpm. The power plant is tilted 25 degrees forward, which allows for a shorter wheelbase and the positioning of the proprietary 6-speed transmission beneath the rear cylinder.

Midual will produce 35 examples for the European market next year and plans to launch the bike in the United States in 2017. The Type 1 is expected to be priced at \$175,000.

TAKING CHARGE

The sculpted carbon-fiber bodywork of the Canadian-built **Sora Signature Series by Lito** (soraelectric superbike.com) gives the motorcycle a look that is as muscular as that of any other six-figure superbike. And its performance capabilities are commensurate with its appearance: The

The Sora Signature Series by Lito (above) is battery powered. The Midual Type 1 (right) debuted last year on the lawn at Pebble Beach.



TOP: ANDREIZMF. BOTTOM: FRÉDÉRIC CHOBARD



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Signature Series, which is priced at \$104,000, can reach 60 mph from a standstill in 4.2 seconds and achieve a top speed of 118 mph. But it is powered by electricity, not gasoline.

The Signature Series features a Safe Range System that should quell a rider's range anxiety—the fear of the battery dying before the destination is reached—which often accompanies electric vehicles. Riders can input their destination into a touchscreen GPS, and the bike automatically sets the maximum speed and power usage needed to arrive at the given location.

The bike delivers average ranges of 60 to 90 miles on the highway and 120 in the city, and the 12 kWh lithium-polymer battery that powers the three-phase AC induction electric motor can be recharged in as little as 3.5 hours. The Signature Series also features an electronically adjustable seat that enables the rider to sit in an upright or a sporty position.

EVERYTHING IS AWESOME

Introduced last year as a concept that could become a roughly \$45,000 production model, the **Lauge Jensen Viking** (laugejensen.dk) was created by the Danish automotive designer Henrik Fisker, who is also responsible for the Fisker Karma and was the design chief for BMW and Aston Martin. The Lauge Jensen brand, which was established in Denmark in 2008, has been owned since 2012 by the industrialist Anders Kirk Johansen, whose grandfather

THE ENGINE IS A WISCONSIN-BUILT 1,800 CC S&S CYCLE V-TWIN THAT CAN PROPEL THE VIKING TO A TOP SPEED OF 130 MPH.

The eco-friendly Lauge Jensen Viking was styled by Henrik Fisker, the former design chief for the BMW and Aston Martin auto marques.





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machine. In fact, it is one of the first motorcycles to comply with the stringent Euro IV emissions regulations that will go into effect next year. Echoing the efficiency of its mechanical underpinnings, the Viking's design connotes a sense of flow, order, and ease—qualities that make a motorcycle as easy on the eyes as it is on the brain.

STAR POWER

Before it became the initial production model from a Los Angeles-based boutique brand, the **Arch Motorcycle KRGT-1** (archmotorcycle.com) was a one-off design created by Gard Hollinger for the actor and motorcycle enthusiast Keanu Reeves. Like the original, the \$78,000 production model is a cruiser with brawny performance capabilities. The bike's power comes from a massive air-cooled 2,032 cc S&S Cycle V-twin engine, which is mated to a 6-speed transmission.

Because glossy paint would be anathema to the KRGT-1's function-focused aesthetic, the bike's main pieces of aluminum bodywork are shot-peened or anodized depending on the color, creating a satin finish that appears finely textured.

The process of building each KRGT-1 is painstaking and time consuming. It involves extensive computerized numerical-controlled milling of aluminum blocks, including a 240-pound chunk that becomes part of the lightweight fuel tank. The process results in a bike that feels substantial yet still swift—like an armored sports car.

Riders will appreciate the KRGT-1's robust acceleration and stable, confidence-inspiring handling when romping along winding canyon roads, but with its long wheelbase and imposing footprint, the bike is also well suited to loafing along city streets. **R**

founded the Lego company.

The Viking's design is Scandinavian, but its power comes from the United States. The engine is a Wisconsin-built 1,800 cc S&S Cycle V-twin that, according to Lauge Jensen, produces 100 hp and can propel the Viking to a top speed of 130 mph. Yet unlike most mainstream bikes that use a derivation of this engine, the Viking is a clean-running

The KRGT-1 was initially a custom design by Gard Hollinger for the actor Keanu Reeves. The two then formed the Arch Motorcycle brand.

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DREAM BOAT

The latest sailing yacht from the *Maltese Falcon* designers appears more conventional but is no less impressive.

By Danielle Cutler



T

HE DESIGN TEAM behind *Maltese*

Falcon, the 289-foot sailing yacht that can be operated by one person, has created another technological marvel. When it is completed next year, *Dream Symphony*, at 463 feet, will be the world's second-largest private sailing yacht, and the largest one made of wood. "It is the largest-ever all-wood yacht in the modern era," says Ken Freivokh, whose firm, Ken Freivokh Design, collaborated with Dykstra Naval Architects to design the vessel.

When it launched from a Perini Navi boatyard in 2006, *Maltese Falcon* established a new benchmark for sailing technology. Its most notable—and most noticeable—feature is its unique automated rig, which enables a skipper to sail the yacht solo. Known generically as a DynaRig and specifically as the Falcon Rig, it features three self-standing, 190-foot-tall carbon-fiber masts that rotate to trim the sails. Each mast houses five square sails. When the sails unfurl—electronically—along the masts' rigidly attached yards, there are no gaps between them, so each sail plan essentially serves as a single sail. Together, the sails cover more than 25,800 square feet, helping to propel the vessel to a top speed of 18 knots.

Dream Symphony is being built by the Turkish boatyard Dream Ship Victory (DSV), whose owner, Valeriy Stepanenko, is responsible for the yacht's conception. He also commissioned a 656-foot-long shed at his company's Marmaris headquarters to accommodate the construction. It appeared as though *Dream Symphony* was going to be the world's largest private sailing yacht, but in May, the German shipyard Nobiskrug launched *White Pearl*, which, reportedly at 482 feet, now claims the title. (*White Pearl*'s owner is expected to take delivery in 2016.)

Maltese Falcon and *Dream Symphony* share a design team, but they are two completely different vessels.

"They are not really comparable, and they are not sister ships," says Anneliek van der Linde, Dykstra Naval Architects' marketing manager. Though she concedes they do share at least one common trait: "Both are big yachts."

Dream Symphony, a four-mast schooner, will not have a DynaRig, which was developed for *Maltese Falcon* in part by Dykstra under the direction of the yacht's original owner, the American venture capitalist Tom Perkins. It is based on a concept first proposed by the German hydraulics engineer Wilhelm Prölss in the late 1960s. "The [*Dream Symphony*] owners decided against the DynaRig option because it did not offer the classic 'cloud of sail' look typical of a large schooner," says Freivokh. Instead, the yacht's nearly

54,000 square feet of sails will be controlled by a more traditional setup that includes Hoyt booms. "They offer considerable advantages compared with traditional booms, and they will slightly reduce the number of crew required to hoist and lower the sails and make adjustments underway," he says. "[The rig] does not, however, provide the full manning advantages of the DynaRig, as crew are still required to assist with winching lines to adjust the trim of the sails." *Dream Symphony* is designed to carry 32 crew members.

According to Freivokh, the sails and the rest of the rig will enable *Dream Symphony* to achieve faster speeds than *Maltese Falcon*. "It should be a very exhilarating and powerful experience to see such a long, sleek-sailing ship cut through the waves under sail alone at speeds in excess of 20 knots," he says. "The whistling of the wind on the rigging and over the huge sail plan will be amazing for guests and crew, much more expressive than the DynaRig, where the sails are high up and held in total control by the curved booms with no standing or running rigging."

Majestic as the sails will look, the

Nearly 1.25 acres of sails will propel *Dream Symphony*, a four-mast wooden sailing yacht. Inside, a mahogany staircase (below) ascends to the main-deck atrium.





A wooden sailing yacht of this size is unprecedented. Designers anticipate the 463-foot *Dream Symphony* to attain speeds over 20 knots.

construction material, not the rig, is the most remarkable aspect of *Dream Symphony*. Steel and aluminum are the preferred materials for yachts of this size—*White Pearl* is made of aluminum and steel—but *Dream Symphony* is fashioned mainly from iroko, a highly prized hardwood from the west coast of Africa. “Wood presents certain limitations in the size of openings, such as shell doors, open transoms, and

windows,” says Freivokh. “Conversely, it provides great flexibility and quite unique acoustic isolation properties, with minimum transmission of vibration from machinery.”

Adds Van der Linde: “Wood is a much less stiff material than steel or aluminum. This means that not only the strength of the hull, but also the deflection of the hull becomes very important in the structural design. Also, determining the properties of the wood material and the fact that the strength varies depending on how the wood planking is oriented in relation to the loads makes this aspect quite complicated.”

Dream Symphony will accommodate 20 guests in an interior that includes a duplex owner’s suite, two VIP suites with their own saloons, and four guest staterooms.

Amidships, an imperial-style mahogany staircase connects the lower deck to a main-deck atrium. Other highlights include an all-glass swimming pool equipped with a rising floor that can convert the

pool into an entertainment area or a touch-and-go helipad. A hair salon and nail salon, massage rooms, a gym, and outdoor dining and lounging areas are also among the yacht’s amenities. A glass-covered area of the main deck, between the owner’s suite and the guest deckhouse, transforms into an air-conditioned conservatory when electronically controlled glass panels emerge from recesses in the superstructure and enclose the space.

According to Van der Linde, despite the yacht’s size, its design will enable passengers to feel connected with the water. “Even though the vessel is very large,” she says, “the relatively low freeboard and single layer of superstructures with large glass panels all around will give a true sailing experience to those onboard.” **R**

Dream Symphony, dream-symphony.com; ***Dream Ship Victory***, dsvyachts.com; ***Dykstra Naval Architects***, dykstra-na.nl; ***Ken Freivokh Design***, freivokh.com





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COUNTER CULTURE

Traditional chronographs are once again a key measure of watchmaking prowess.

By James D. Malcolmson



The Patek Philippe Ref. 5270R (above, price upon request) houses the company's CH 29-535 PS movement (opposite, bottom). Vacheron Constantin's new Calibre 3300 (opposite, top) drives the limited-edition Harmony Chronograph (right, \$69,000).

“MOST PEOPLE SEEM to think that

a tourbillon is harder to put together than a chronograph, which is much more commonly found,” says Jean-Marie Schaller, CEO of the boutique watch company Louis Moinet. “In fact, it is actually the reverse that is true.” Indeed, Louis Moinet’s new Memoris, which features an innovative openwork chronograph mechanism, is by far the most challenging project the company has ever undertaken. Yet for many of Louis Moinet’s much larger rivals, including some of the most venerated brands in the industry, the stakes are even higher. Shifting tastes in the marketplace have increased consumer demand, obliging Switzerland’s *manufactures* to furnish a spate of newly designed chronographs—an effort that has cast a vivid light on these companies’ comparative capabilities with respect to classic watchmaking.

One of the factors contributing to these developments is the ubiquity of traditional, manual lateral-clutch chronographs in high-end watches. During the last several decades, breakthroughs in chronograph design have yielded self-winding rotors; heart-piece-limiter systems (as seen in ETA’s 7750 Calibre) that make the mechanism more durable and affordable; and, most recently, the vertical-clutch system, which improves the chronograph’s performance by delivering steadier hands and a more consistent amplitude. Despite these advancements, however, the sheer beauty of older movements and the desirability of the timepieces containing them continue to draw watch enthusiasts to classic models. The top watch companies, most of which strive to make as many parts as they can in-house—a particularly time-consuming and expensive endeavor—have scrambled to create new chronographs that appeal to collectors’ evolving sensibilities.

No company better illustrates this challenge than Patek Philippe. In the previous decade, the company was in the process of developing its first original chronograph, a modern

and automatic piece. Modified movements built by Lemania (now owned by the Swatch Group) principally drove the house’s previous chronographs, including recent versions of its ultra-collectible perpetual-calendar chronographs. Though the cognoscenti admired these movements for their beauty and reliability, Swatch Group’s rumblings about limiting supplies compelled Patek Philippe to replace the movements. “We decided to start the development of this chronograph before they could cut the sale,” recalls Philip Barat, Patek Philippe’s head of development. “We analyzed what was best from the perspective of both the customer and the watchmaker and created something that is a traditional chronograph, but with a modern conception.”

The resulting movement, dubbed CH 29-535 PS, first appeared in late 2009 and featured numerous technological developments—including a modern 4 Hz frequency—that helped bring the performance of the traditional chronograph closer to the most contemporary designs. A new counter cam reduced the amount of seconds-hand quiver during the chronograph’s operation, thus solving a



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—CHRISTIAN SELMONI,
ARTISTIC DIRECTOR AT
VACHERON CONSTANTIN





common complaint with the older designs. At the same time, the developers sought to replicate the exquisite proportions and looping levers and bridges of the Lemania and other conventional movements. This year, the movement, which was being widely implemented throughout the company's traditional chronograph line, serves as the base for the new Ref. 5370 split-seconds chronograph model.

Patek Philippe has pushed to offer the broadest selection of modern and traditional chronographs among the prestige brands, but competition from its rivals is heating up. Arguably the most impressive collection debut of this year belongs to Vacheron Constantin, whose three newly unveiled chronograph calibers drive the watches of its Harmony collection. Like Patek Philippe, the brand relied in the past on Lemania-based movements for its very limited range of traditional chronographs. "It took us seven years to create and develop a brand-new line of chronographs faithful by design and aesthetics to the finest examples of Vacheron Constantin from the '30s, '40s, and '50s," says Christian Selmoni, the house's artistic director. "From the technical point of view, however, our new calibers are totally new constructions, incorporating modern technologies. We've incorporated the best of today's technical solutions in a very classic yet spectacular design."

The company's historical approach is most visible in its single-pusher design, which remained the standard configuration until two-pusher models became available in the 1930s. Single pushers can be delicate, because three commands—start, stop, and reset—are directed through the column-wheel assembly rather than the two that are typical in more modern watches. To improve reliability, the developers devised a system that prevents partial actuation, which can cause damage to the mechanism. Furthermore, a "friction technique" furnishes an extra

surface beside the gear teeth that engages when the clutch is applied. This arrangement reduces hand-quiver and amplitude changes to the movement, improving accuracy.

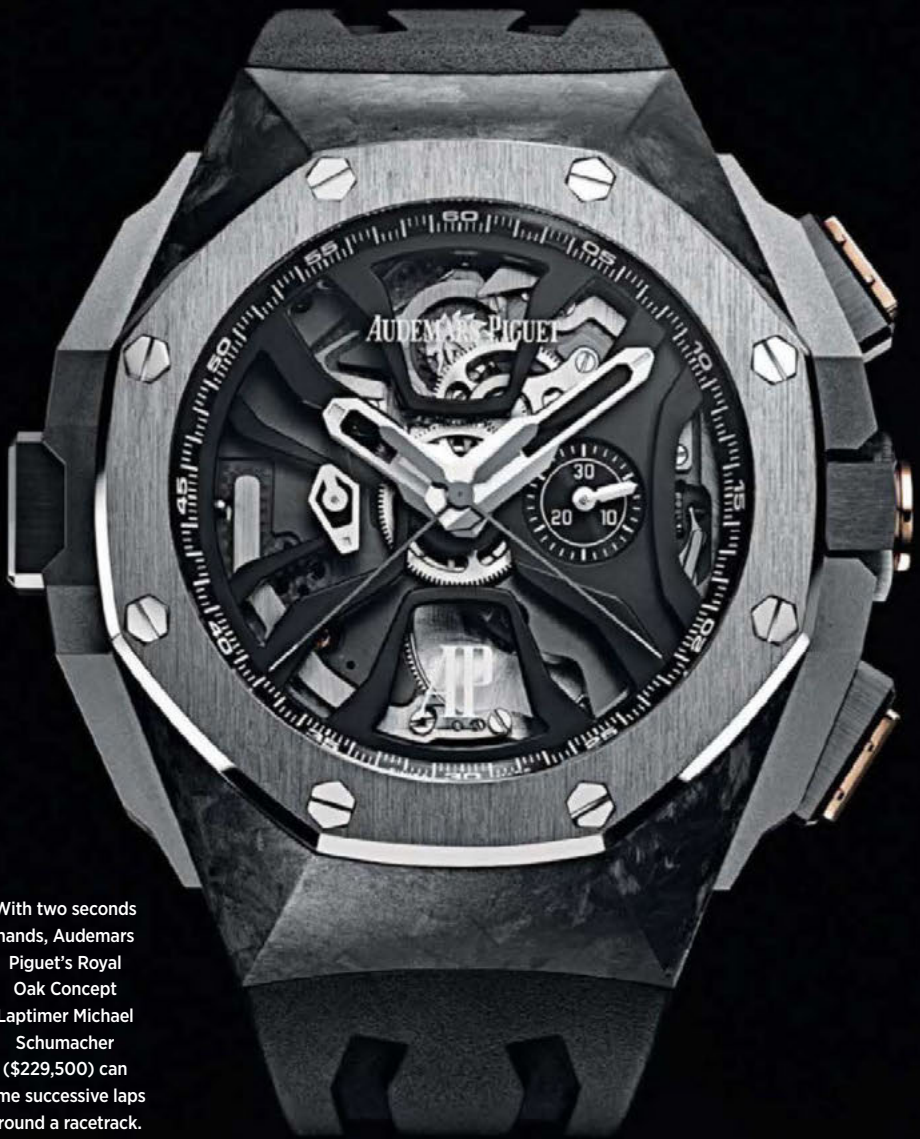
One of these new movements, the Caliber 3300, is deployed in a manual chronograph that exhibits the device's exceptional finishing through the caseback; the chronograph mechanism in the collection's tourbillon model was altered slightly to cope with the watch's lower frequency. An entirely separate development team created the pinnacle of Vacheron Constantin's Harmony chronographs, an ultrathin, automatic split-seconds model that required a high level of adjustment and finishing. Here, the peripheral rotor and high-efficiency differential of the automatic winding system represent modern touches that, appropriately, do not detract from the piece's classic heart.

Of all the old-line prestige watchmakers, none produces more chronographs than Audemars Piguet, thanks in large part to the popularity of its Royal Oak and Royal Oak

Offshore models. Most of Audemars Piguet's popular chronographs use either supplied automatic, vertical-clutch movements or a modular system in which the chronograph mechanism is attached as a separate plate to one of the company's automatic base movements, while high-end complications, such as the company's tourbillon chronographs, possess fully integrated movements. Industry observers have widely anticipated the introduction of an integrated chronograph movement, and the specialty model just released as part of Audemars Piguet's relationship with the former Formula 1 champion Michael Schumacher takes a significant step toward the fulfillment of that hope. "This is the first instance in which a company ambassador has had a direct influence on the function of one of our movements," says Claudio Cavaliere, a global brand ambassador who formerly served as the head of products. "Michael told us there was no prestige watch that would allow him to time successive laps of a car going around a track."



Limited to 60 timepieces, the Louis Moinet Memoris (\$55,000) is an openwork chronograph encased in 18-karat rose gold.



With two seconds hands, Audemars Piguet's Royal Oak Concept Laptimer Michael Schumacher (\$229,500) can time successive laps around a racetrack.



The modern-styled movement that the research and development team designed has two seconds hands and looks much like a split-seconds chronograph, but with some important distinctions. When the pusher located at 9 o'clock on the Royal Oak Concept Laptimer Michael Schumacher is activated, one of the seconds hands stops, while the other immediately flies back to begin timing the next lap; the same hand on a conventional split-seconds chronograph would keep running. The watch can also operate as a standard or fly-back

chronograph. In keeping with its automotive theme, the timepiece contains an interesting oscillating clutch that is set at an angle from the plane of the chronograph wheel when disengaged. Like an automobile's transmission, the clutch and chronograph wheel are equipped with helical gears that smoothly engage as the clutch comes down. The limited-edition Laptimer, of which only 221 examples will be made, benefits from a significant amount of adjustment—and its price tag reflects this fact.

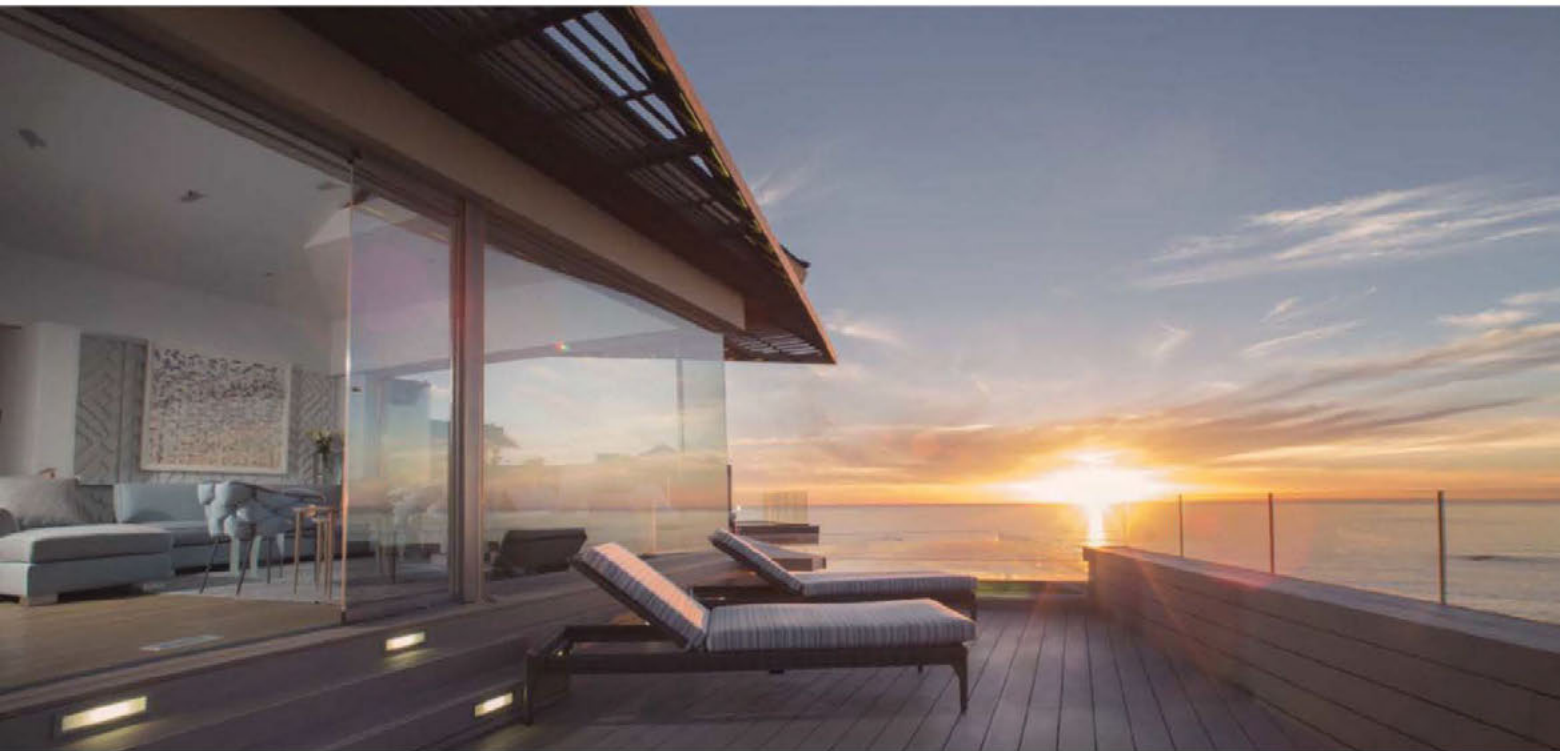
The Memoris chronograph from Louis Moinet will also be produced in extremely limited numbers. The discovery of an original Louis Moinet chronograph that is estimated to be one of the very first to feature a relatively modern version of the function spurred the creation of the Memoris, which Schaller envisioned as having the historical feel of a single pusher accompanied by a uniquely contemporary twist. Using the capabilities of Louis Moinet's technical partner Concepto, Schaller placed the chronograph mechanism in an openwork arrangement at the front of the watch, where the movement and its finishing can readily be admired.

"Since everything is on the face of the watch, everything has to be perfect," says David Olafsson, the watchmaker at Concepto charged with assembling the Memoris. As Olafsson describes the delicate processes necessary to complete his task, his voice divulges a strain of emotion that any aficionado of the chronograph—or, for that matter, of watchmaking in general—can certainly appreciate. "The angular precision for these adjustments is enormous," he says. "But once well adjusted, assembled, and regulated, I get a real sense of accomplishment. It's a real watchmaker's watch." **R**

Audemars Piguet, audemarspiguet.com; **Louis Moinet**, louismoinet.com; **Patek Philippe**, patek.com; **Vacheron Constantin**, vacheron-constantin.com

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Age of Discovery

LAND ROVER INTRODUCES A NEW BRAND OF SUVs. **BY PAUL DEAN**

Land Rover's Discovery Sport features full-time four-wheel drive and hill-descent control for traversing challenging terrain.

WITH THE LAUNCH of the Discovery Sport earlier this year, Land Rover has begun to bring more logic and clarity to its branding and model-naming practices. No longer will the same vehicle be identified by a name in Europe and a code of numbers and letters in the United States: No more Discovery 4 on one side of the Atlantic and LR4 on the other. And if there are questions concerning the difference between a Land Rover and a Range Rover, the Discovery Sport's introduction helps to answer them.

Land Rover is the company, and the Range Rover is its flagship vehicle. But Range Rover is also the collective brand name of Land Rover's lineup of luxury, off-road-ready SUVs



|||||
The cabin's refined materials and extended sunroof bring premium comforts to the rugged SUV.
|||||

that includes the Range Rover, the sporty Evoque, and the compact Sport. *Discovery*, a Land Rover model name in Europe, is now the new brand name in the United States and abroad for the company's lineup of SUVs that are priced below the Range Rover and equipped and engineered for more leisurely driving. As if to announce the rebranding, "DISCOVERY" is set in marquee letters and bas-relief on the bonnet and boot—or rather, the hood and tailgate—of the Discovery Sport.

Available now for a base price of just under \$38,000, the Discovery Sport

will replace Land Rover's LR2 (known as the Freelander 2 in Europe) by the end of the year. A larger, pricier model called simply the Discovery will eventually replace the LR4 (aka the Discovery 4). Land Rover is also said to be redesigning (and maybe renaming) the doughty Defender, a dray horse of an SUV built to conquer nature's mightiest obstacles, and planning to again market it in the United States. The company stopped selling the vehicle here in 1997 in part because it did not comply with U.S. airbag requirements.

The Discovery Sport is roomier, quieter, and nipper than the LR2, and more than 3 inches longer. Land Rover uses the extra length to offer an optional third row of seating that will accommodate two youngsters. Each of the standard five seats offers

adequate support for travel on highways and off-road. Without the optional seating, the Discovery Sport has 32 cubic feet of cargo space, which more than doubles when the second row is folded down.

The vehicle is built around a unibody made of steel, but its fenders, clamshell hood, roof, and rear hatch are aluminum, which helps keep the curb weight at about 4,000 pounds. The chassis and much of the body are similar to those of the pricier, slightly smaller, and less roomy Evoque, which has been selling like a James Patterson thriller since its introduction in 2012.

The Discovery Sport also uses the same Ford-built EcoBoost engine, a turbocharged, direct-injected four-banger. It delivers 240 hp and a respectable 250 ft lbs of torque and is paired with a 9-speed ZF transmission. Later this year, Land Rover will replace the Discovery Sport's EcoBoost with the lighter, leaner Ingenium engine recently developed by Jaguar. (Both companies are owned by India's Tata Motors, which acquired them from Ford in 2008.) Land Rover will eventually offer a diesel version of the Discovery Sport and maybe a hybrid.

The Discovery Sport's standard equipment includes all of Land Rover's tools for battling the rough stuff: full-time four-wheel drive, hill-descent control, and manual settings for optimum traction in sand, snow, grass, mud ruts, and probably thick oatmeal. The vehicle can wade through water as deep as 23.6 inches, and without scraping its underside it can attack a 21-degree incline and exit a 31-degree slope. The long list of options includes lane-change monitoring, parking assist, intelligent emergency braking, and a sunroof that stretches nearly the length of the vehicle.

On the trailing edge of the hood is an odd-looking rectangular panel whose purpose initially defies even

R Of Note

From David Arnold,

Senior Vice President/Group Publisher
of Robb Report

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educated guesswork. It turns out that the panel conceals an external airbag that will deploy and cover the windshield, protecting a pedestrian who, struck by a distracted driver, rolls onto the hood.

The Discovery Sport's cabin contains little to distract a driver. It is comfortable, even inviting, and the switches and levers can be reached and engaged without confusion or fumbling. Materials are premium, not extravagant; fittings quality, not flashy. Overall, the cabin creates the impression that the vehicle is worth more than its price.

It is likely that most Discovery Sport owners will seldom venture beyond the asphalt of suburban roads and supermarket parking lots. Nevertheless, the vehicle proved competent on more rugged terrain during a drive through central Arizona's Bradshaw Mountains, visiting the ghost towns that are remnants of the region's 19th-century copper-, gold-, and silver-mining booms. Bumble Bee and Cherry are among the towns that have crumbled into memories. They have been lost to changing times, a century of winters' wounds, summer cottagers, and do-it-yourselfers in search of weathered timbers and distressed bricks. Other communities, such as Cleator and Crown King, have been reduced to general stores and antique saloons that are still pouring.

In and around these towns, the driving surfaces can include desert sand, dirt tracks, and two-lane roads as bumpy as washboards. The Discovery Sport, with its wishbone and multilink suspension and traction-control system, rode the unkempt countryside as if it were a highway. At no time was there a hint of slide or wallow or any danger of becoming stuck.

Driving on blacktop was a different matter. When traveling within the speed limit on the Black Canyon Freeway to and from Phoenix, the

Discovery Sport behaved beautifully. The motoring was quiet and rumble free. But when it was spurred, the power train turned cantankerous. When the gearbox was booted into passing mode, the engine sounded seriously overworked. Even worse, a full two seconds elapsed before power arrived, and it did so with the lurching energy of a scalded kangaroo.

Beauty, however, can overshadow

such flaws, and this vehicle certainly is a looker. It is not dumpy or boxy like earlier Land Rovers. Instead, similar to the Evoque, it has an aerodynamic shape that includes a raked windshield and a mildly sloping roofline. The look of the Sport makes a good impression for the first of Land Rover's new Discoveries. **R**

Land Rover, landroverusa.com

The Discovery Sport rode the unkempt countryside as if it were a highway. At no time was there a hint of slide or wallow or any danger of becoming stuck.

PUNCHING UP THE AUTOBIOGRAPHY



NOT LONG AFTER Land Rover began selling the Discovery Sport, its new entry-level vehicle, the company introduced its forthcoming flagship, the Range Rover SVAutobiography. It debuted at the New York International Auto Show in March and will go on sale this fall for about \$200,000. The SVAutobiography will replace the Autobiography Black at the top of the Range Rover lineup.

The new model is built by Land Rover's Special Vehicles Operations department, which also produces the high-performance Range Rover Sport SVR. Like that vehicle, this one is equipped with a super-



charged V-8 that generates 550 hp and 502 ft lbs of torque. It is Land Rover's most powerful engine, and it is paired with a ZF 8-speed automatic transmission.

The most notable of the SVAutobiography's distinguishing design elements is a two-tone exterior color scheme—a first for a Range Rover. It combines Santorini Black for the upper body with a choice of nine colors for the lower body. The vehicle also

has SVAutobiography badging on the tailgate.

In the cabin, the control switches and knobs and the foot pedals are made of solid aluminum with knurled details. For rear-seat passengers, there are tables that deploy electronically and a beverage-chilling compartment. Options include a sliding floor for the cargo space that extends rearward, making it easier to load or unload groceries or luggage. —LARRY BEAN

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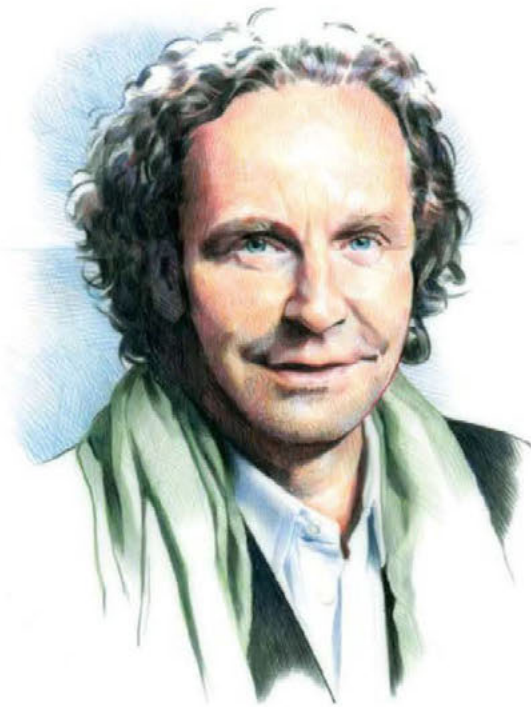
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Thomas Flohr

A CONVERSATION WITH THE PRIVATE-AVIATION ENTREPRENEUR AND MOTORSPORTS ENTHUSIAST.

A *S THE FOUNDER, owner, and chairman of the global private-aviation company VistaJet, Thomas Flohr is accustomed to takings risks. The Swiss entrepreneur launched the flight-service provider in 2004 and has since amassed a fleet of more than 45 Bombardier business aircraft—from Challenger 350s to Global 6000s—distinguishable by their trademark silver coat and red stripe. While demand for private aviation plummeted during the Great Recession, VistaJet pushed forward, becoming one of the few firms in the industry to grow. Robb Report recently landed an interview with Flohr to discuss how his propensity for risk taking goes beyond business.* —ANUSH BENLIYAN

As the head of VistaJet, you have no doubt traveled the world. What are your favorite destinations?

It would be really unfair to favorite one part of the world over another, but if I had to make a choice, I'd have to say Africa is my favorite continent. It's adventurous. I like to travel to Mozambique, and a farm that's about an hour by helicopter outside Kenya. You live in tents, and on one hand it's quite luxurious, but don't expect a Four Seasons or Peninsula hotel. The luxury really is being in

touch with nature, with animals, and it's very, very exclusive. But having said that, I love traveling deep into Siberia and Russia, to far, remote places such as Vladivostok on the east coast of Russia, and Novosibirsk. A year and a half ago, in the winter, I traveled to the Kempinski Hotel Khan Palace in Ulaanbaatar [Mongolia]. There's also an amazing Aman hotel in Bhutan—Amankara—which has five different stations within the country.

Speaking of adventures, tell us about the car rally you did in East Africa.

I did the East African Safari Rally in 2011 in a Porsche 911, and that was in Kenya and Tanzania. I had learned about it as a little kid. It's a rally that started in 1953 in commemoration of the coronation of Queen Elizabeth II. In 2007, I decided I wanted to one day participate, so I prepared myself well, and the first race I did, in 2009, I actually came in fifth, and that was really motivating. But at some point in time, I decided it's actually quite risky, so I diverted my efforts onto the racetrack.

What race are you preparing for now?

I'm participating this year in the European Le Mans Series, and that needs a lot of preparation. There are five races in the championship this year. It starts in England, Silverstone, the Formula 1 Circuit. It goes to Italy afterwards, to Imola, and then to Austria, France, and Portugal. My copilot is a gentleman by the name of Francesco Castellacci, a European champion in the series of the GT3. We're racing a Ferrari 458 GT3.

What is it about motorsports that appeals to you?

Racing just kind of switches off my mind. There's so much focus required. Like last year, in December, we did the 12 hours of Abu Dhabi. I have so much focus on what I do that I feel the next day I'm even clearer in my mind and focused on what I do in business.

What do you drive when you are not racing?

I'm mostly being picked up at the airport—these days, road driving is not fun anymore, so I usually use drivers. But the one car I'm driving around is a little race version of the Fiat 500 Abarth. It's actually a car my friends gave me for my birthday a couple of years ago. And guess what the colors were? Silver with a red stripe.

What other cars are in your collection?

I love to collect old English sports cars from the Sixties. I have a 1965 Aston Martin DB5 Vantage, a 1967 Austin-Healey Mark 3, and a 1960 Jaguar Mark II 3.8-liter. It's fun to take them out in Switzerland when there's nice weather. I drive them through the mountain passes and just switch off a bit from the stressful day-to-day office life. **R**

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FEATURES

- 42** **Balancing Act**
A husband-and-wife design team marries the best of both worlds, creating a Los Angeles home that is effortlessly stylish inside and out.

BY CARRIE NIEMAN CULPEPPER > PHOTOGRAPHY BY ROGER DAVIES

- 56** **Purple Reign**
High above Manhattan, this Jamie Drake–designed penthouse is anything but a shrinking violet.

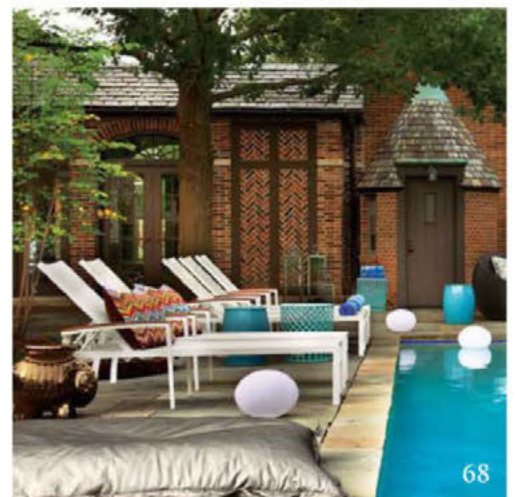
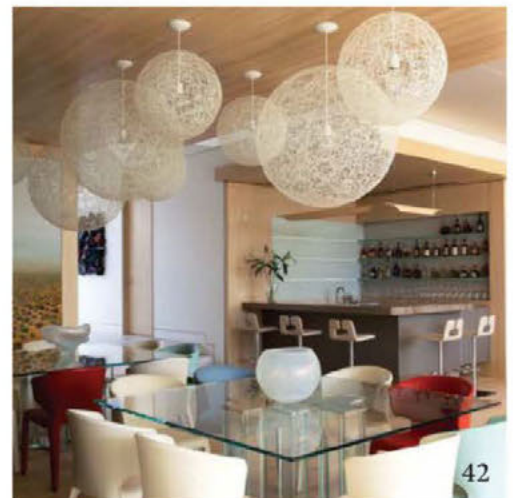
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- 68** **The Manor Reborn**
Project Interiors infuses a classic home outside Chicago with contemporary verve.

BY ARIANNE NARDO > PHOTOGRAPHY BY TONY SOLURI

- 80** **Showroom Business**
After 30-plus years at the top of the design universe, Holly Hunt and her namesake brand need no introduction. But she has plenty of news to share. BY SHEILA GIBSON STOODLEY

On the Cover: A living room (page 56) featuring an image from Roberto Dutesco's *The Wild Horses of Sable Island* series. Photo by Marco Ricca.





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Move over, traditional paper, for Black Crow Studios' big, bold prints. BY ALEXANDRIA ABRAMIAN



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A Lot of Country And a Little Blue

✱ **More than** 40 years ago, Tom Moser (“Hands of Time,” page 26) left his teaching job at a Maine college to pursue his passion for woodworking. Today his classic furniture—still handmade in the States—is offered through his six namesake U.S. locations, including the company’s newest showroom, in Washington, D.C.

Showrooms and the furnishings that fill them are the domain of Holly Hunt (“Showroom Business,” page 80), the Texas native who launched a style empire in 1983 with her acquisition of R.J. Randolph in Chicago. The indefatigable designer recently sold her eponymous company but continues in her CEO role with the brand, and with creative enterprises in the hospitality and residential realms.

On the subject of residences, perhaps no one embellishes luxury homes more vividly than the New York-based Jamie Drake, who worked for a design firm in his youth, even before studying at Parsons. In “Purple Reign” (page 56), *Robb Report Home & Style* contributor Jorge S. Arango describes Drake as “arguably the premier colorist designer of our day.”

The exceptional works of these and other homegrown visionaries figure prominently in this issue. Also celebrated here in our tribute to America, of course, are the contributions of designers who hail from foreign lands but, fortunately for us, have graced our shores with their creations.

The Blue Chair (shown), an alluring amalgam of wood, rubber, and steel, is the work of designer Mary Little. The Northern Ireland native—who would eventually follow her mostly American clientele to the States—produced just three examples of the sculptural chair, which she conceived in the mid-1980s while studying at London’s Royal College of Art.

“I had a year of putting the chair into exhibitions in Paris, in London,” recalled Little, now 56, when we spoke in May. Two of the three pieces found distinguished public homes—Musée des Arts Décoratifs at the Louvre in Paris, and Vitra Design Museum in Weil am Rhein, Germany—while the third remained with its creator, until recently. It is now on offer through the West Hollywood, Calif., gallery Trigg Ison Fine Art.

“We handle a lot of avant-garde, cubist-style art,” owner Trigg Ison told me by phone. “The Blue Chair came off to me like a piece of sculpture that you can also sit on,” he continued, remembering his first impression of the design. “It is absolutely incredible. I can see the end user placing [it] near an incredible designer table with an avant-garde table lamp, [setting] up the chair as a display. Form and function.”

Indeed, it is easy to envision the chair in a sleek Manhattan penthouse, or in a modern L.A. home, maybe not far from Little’s downtown studio, where she relocated with her husband and design partner, Peter Wheeler—by way of New Haven, Conn., and, before that, San Francisco—about a year ago. She still goes where her art takes her.

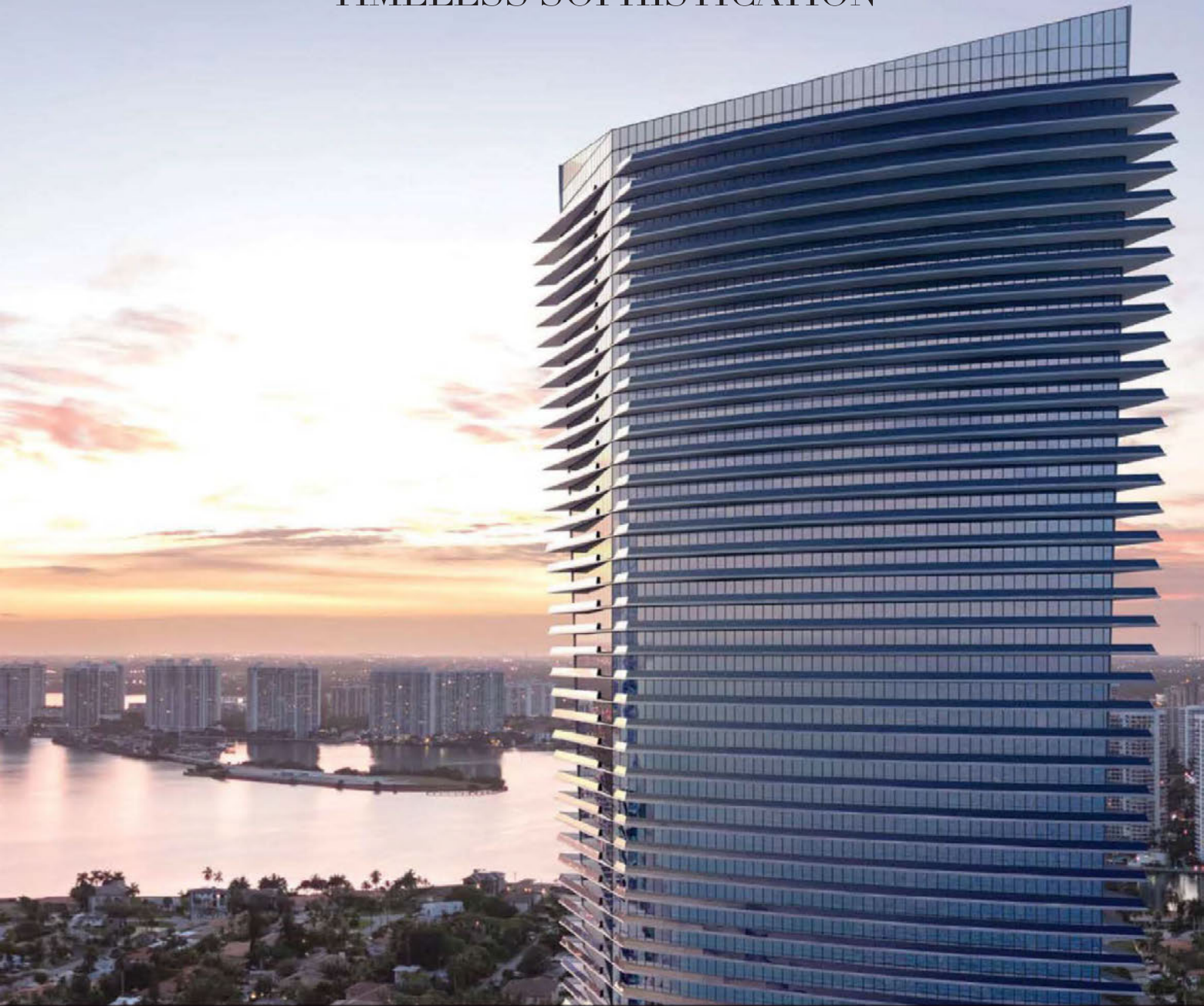
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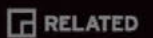
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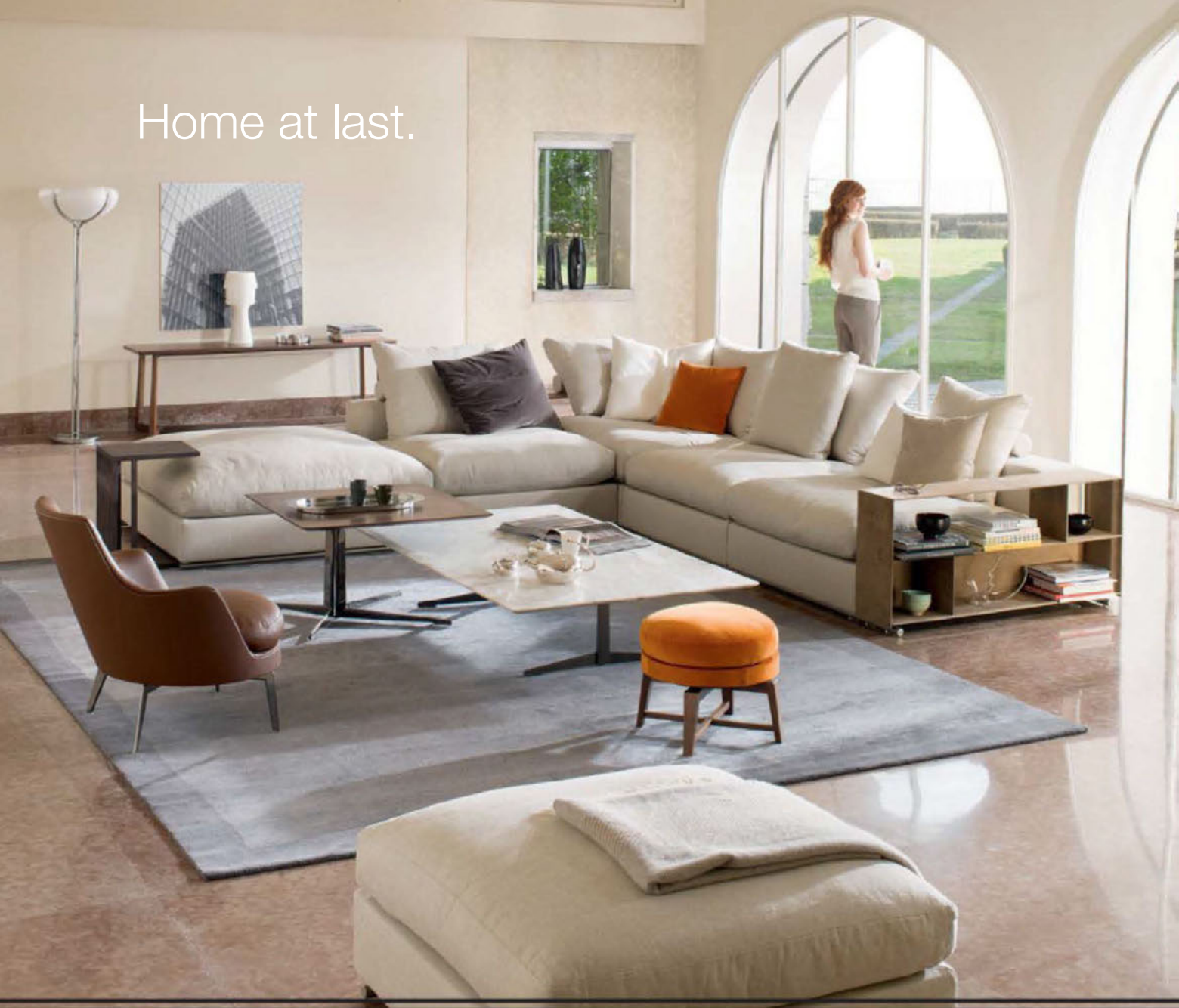
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MILAN

Edge of Their Seats

Kartell and Emilio Pucci give the Madame chair a graphic advantage.

✱ **In the 1950s**, the inimitable Florentine designer Emilio Pucci delivered a spectacular volt of energy to the fashion world with his colorful, abstract prints. Now the Italian furnishings brand Kartell is showcasing four of the Pucci house's latest creations (based on a limited-edition series of silk scarves) on its Philippe Starck-designed Madame chair (\$990). The fluid modernity of the chair's sleek polycarbonate frame, which is available in clear or black versions, is an ideal backdrop for the four designs, each of which celebrates a city that is home to a Pucci shop. The full lot—New York City's swinging skyline (foreground), Rome's Piazza di Spagna (background), Avenue Montaigne in Paris, and the cityscape of Shanghai—promises to find favor with Pucci devotees and itinerant design lovers everywhere. [ARIANNE NARDO]

Kartell, 212.966.6665, kartell.com



DESIGN SEEN



PHILADELPHIA

John Pomp Studios

Devotees of craftsman John Pomp's handblown light fixtures also prize his glass-centric furniture and fantasize about the perfect place to put it. The Stites coffee table (available to the trade) quiets any indecision. With a hand-cast, constellation-inspired, bubble-embedded glass top, a sultry satin bronze frame, and white ash legs, the artisanal piece flaunts a 1950s flair that calls for prime placement as a space's main attraction. 215.426.7667, johnpomp.com

MIAMI

MODERN GARDEN

From the owners of the Miami seafood brasserie Seaspice, the recently opened, collocated Modern Garden restaurant is a true style catch. Its Miami River waterfront location provides a striking backdrop for the minimal and inviting space, where guests enjoy chef Benjamin Goldman's raw seafood creations as they gaze on artist Santiago Jose Palaez's sculptural wooden trees, part of a permanent art installation on the premises. 305.440.4200, seaspicemiami.com



EXMORE, VA.

New Ravenna

Restraint may be gold's greatest complement. Though everyday objects have purloined the precious metal's ancient allure, gold is still special when put to extraordinary use. That rare resplendence swirls in Josephine (starting at \$385 a square foot), a scintillating mosaic of Calacatta marble, 24-karat gold glass, and shell, from New Ravenna founder Sara Baldwin's Aurora collection. Each mosaic in the series is assembled by hand using hundreds of precisely cut pieces. 757.442.3379, newravenna.com

CLOCKWISE FROM TOP: EMILY WREN; SARA BALDWIN; ALEX MARKOW

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DESIGN SEEN

VENICE, ITALY

SMANIA

From the Italian brand's Costa Rey line, the Panarea chaise longue (\$2,684 to \$3,000) sits prettier than typical outdoor furniture, thanks to its elegantly stitched cushion and padded headrest—the kind of fashionable details usually seen inside the house. Available through Snaidero USA's New York showroom, these loungers are part of Smania's complete collection, which includes customizable home furnishings and accessories for use indoors and out. 877.762.4337, snaidero-usa.com



VARESE, ITALY

Bertoni 1949

Their Nomad travel desk was a smash hit last year, so the Italian house of Bertoni 1949 recently reunited with Hangar Design Group for another collaboration. The result is the Game Trunk, a handsome *secrétaire*-style construction with space for dominoes, a chess set, mah-jongg, and poker (games not included). Those well acquainted with the brand's leather bags will recognize the level of detail in the limited-edition piece's hand-tanned alligator skin, which wraps over drawers made of anthracite oak. +39.0332.263466, www.bertonivaligeria.it

LOS ANGELES

The London West Hollywood

In May, the London West Hollywood hotel unveiled an 11,000-square-foot penthouse (from \$25,000 per night) designed with the legendary Vivienne Westwood. The British fashion designer's cool-without-trying imprint permeates the suite; the salon's custom rug bears Westwood's signature tartan pattern, and examples of her cotton and silk scarves hang in the dining room, while one of her hand-stitched tapestry designs holds court in the master. Created in partnership with Richmond Design, the exclusive bi-level space boasts a private terrace with a glamorous view of L.A.'s skyline. 866.282.4560, thelondonwesthollywood.com





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DESIGN SEEN

NEW YORK CITY

Bisazza

Chelsea welcomed Bisazza's new flagship showroom to the neighborhood during New York Design Week in May. The 4,300-square-foot space houses the Italian company's elaborate mosaics, including its collaborations with an international cadre of designers, among them Paola Navone and Marcel Wanders. Those who make their way to the roomy rooftop terrace will find a striking view of the High Line. 212.334.7130, bisazza.com



NEW YORK CITY

ISABELLA WOLFE

Even if staying up past 10 pm on a weekday constitutes a walk on the wild side, consider interior designer Nicole Fuller's latest furniture creations, which might produce just the right ambience for living on the domestic edge. Part of her spunky, unbridled Isabella Wolfe series, the sassy, color-infused-acrylic Pop bench (\$28,500) has prismatic stacked legs that lend the piece a flower-power-on-platforms kind of groove. Custom sizes are available. isabellawolfe.com

NEW YORK CITY

MARDANI FINE MINERALS

Mardani sources its minerals as a florist selects rare orchids. The gallery is owned by the husband-and-wife team of Daniel Trinchillo and Marisa Chung, who gather museum-quality mineral specimens from around the world to sell through their Manhattan location. Recently displayed pieces have included enchanting tourmalines from the Pederneira mine in São José da Safira, Brazil. 212.988.1545, mardaninyc.com



FROM TOP: ANDREA RESMINI; EMILY GILBERT; JAMES ELLIOTT

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DESIGN SEEN



LONDON

Assouline

Bookshelves and coffee tables have been supporting this publisher's coveted tomes on art, design, and culture for 20 years. Now the publishing house turned luxury lifestyle brand is providing furniture that serves that purpose. The new Assouline Interiors collection comprises furnishings designed by company founders Prosper and Martine Assouline. Allure (\$11,900), with its lacquer finish and bronze detailing, radiates reading-desk style. +44.2033.279370, assouline.com



PARIS

Philippe Hurel

This triptych-style folding mirror by the American designer Elliott Barnes features a rich chestnut stain and balances on a sleek brass base with a pale gold finish. Called the Triple Je(u), the piece (\$34,200) has a concealed, leather-lined tray built into one panel. The mirror belongs to Barnes's first series—a showcase of four works entitled "Une Après-Midi de Paresse"—for the French company. philippe-hurel.com



PARIS

HERMÈS

Perspective Cavalière has never been more sublime than in the care of Hermès. The name describes a technique cartographers adopted from the 16th-century French military. This pattern (in Aloe; \$743 per linear meter) is from the brand's latest series of furnishing fabrics and wallpapers. The design, by the studio Anamorphée, is an arresting ode to precision and line with its graphic take on wood marquetry. 800.441.4488, hermes.com

LOS ANGELES

J. ROBERT SCOTT

The Odile sofa (available to the trade) practically purrs. Like a soft-lit, Golden Age vixen prone to slinky entrances, the piece actually takes its inspiration from one female provocateur in particular: the character Odile from *Swan Lake*. A polished stainless-steel band serves as the curvaceous outline for the 90-inch sofa (custom sizes are also available) designed by Sally Sirkin Lewis. Clinging to the version shown here is Velvet Soie upholstery from J. Robert Scott's Quail collection. 877.207.5130, jrobertscott.com [A.N.]



TOP RIGHT: FRANCIS AMIAND; BOTTOM: JUNE LOCKHART-TRIOLO



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1) TECHNOGYM

Designed by architect Antonio Citterio, this elliptical trainer promises to work bodies—and turn heads. Technogym developed the seamlessly styled Cross Personal (from \$10,900) for exercisers of all fitness levels. The Unity touchscreen digital interface entertains users mid-sweat. 800.804.0952, technogym.com

2) KILLSPENCER

"Made in Los Angeles" is the credo of this brand, which designer Spencer Nikosey founded in 2009. The Boxing Kit (\$1,245), from the Athletics collection, combines a welded steel frame, walnut plywood disk, steel swivel, and handcrafted black leather speed bag. 213.484.0888, killspencer.com

3) FREDERIC MORLAIX

Sculpting the body can be a simple—and civilized—affair. The sleek leather Cuatro Mat (\$849 with pad), by the fitness coach Frederic Morlaix, has handles that help users protect the neck during abdominal work. The Cuatro Pad gives yoga and Pilates devotees a boost. 843.277.9596, fredericmorlaix.com

4) WATERROWER

When John Duke designed this in 1987, he hardly could have imagined its recent star turn in the Netflix series *House of Cards*. Like fictional D.C. power players, home-gym gurus can row with the WaterRower (\$1,500), an elegant machine of American walnut. 800.852.2210, waterrower.com; available at momastore.org



{4}



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5) CICLOTTE

The solo wheel, steel frame, and carbon-fiber handlebars of Ciclotte (model shown, about \$9,000) earn the stationary bike high aesthetic marks. Its performance is high, too: It has an epicycloid transmission that increases flywheel rotations, to give the cyclist the feel of pedaling on the open road. storeciclotte.com

6) HOCK

Each dumbbell in the German brand's design-centric Loft series (\$750 for the pair shown, \$285 for the rack) has a raised grip for a comfortable, warm feel. The walnut—sustainably sourced, turned, and polished—pairs with stainless steel for a look that is the antidote to ho-hum workout essentials. hockdesign.com

7) TIMOTHY OULTON

The British designer's passion for antiques preceded his ascent as a global furnishings and lifestyle brand. His affinity for the past shows in these hand-stitched boxing gloves (\$185), collegiately charming remakes of 20th-century sporting goods. 646.602.3273, timothyoulton.com

[ARIANNE NARDO]

Hands of Time

Thos. Moser's distinctive craftsmanship only gets better with age.

✱ **Some birthdays** are major events: firsts or milestones. In March, the revered designer and woodworker Tom Moser found himself in the glow of 80 birthday candles, at the opening of his namesake company's new 5,000-square-foot showroom in Washington, D.C. It was the kind of double celebration—a personal landmark for him, a debut venue (and sixth U.S. shop) for his artisan furniture brand—that feels especially momentous.

The event that started it all dates to 1972, when the self-taught craftsman left his professor post at Bates College to found Thos. Moser. He set to work fashioning earnest, classic, handmade American furniture with traces of Shaker influence. “At the time, he was restoring the lost art of woodworking,” explains Adam Rogers, director of

design and product development for the Auburn, Maine-based company. “And he was creating a community of craftspeople who love what they do, and could make a living doing so.” Moser's wife, Mary, was his essential other half in the business, and their four sons apprenticed in the workshop.

Today more than 60 craftspeople, many of whom have worked for Thos. Moser for more than 20 years, create roughly 6,000 original pieces per year. One craftsman is dedicated to one piece, shepherding it from his or her workbench to completion, when it receives its maker's signature. Only American hardwoods are used—walnut, maple, cherry, oak, and ash—and everything is about technique. Quality control, notes Rogers, includes the artisans running their hands across the pieces, seeking imperfections. Ultimately, it is their skillful handling that produces seamless examples of the Continuous Arm Chair, a stripped-down Windsor-style creation that Moser originally made in the 1970s from cherry and ash (the chair now comes in walnut also), and the Newport, another Moser-designed chair referencing the 1700s.

The furniture is best described as true craft, not product, says Rogers, whose own designs for Thos. Moser include the Cumberland furnishings series (chair shown). He is also working on a ladder-back chair called Hancock and a living room collection called Hartford. Mindful of the brand's heritage, he adheres to three aesthetic principles: “The first is the elevation of craftsmanship through design, whether that's exposing the joinery or exposing things that are understandable; the construction is somehow evident,” says Rogers. “Second is respect for natural materiality of wood—not overdetailing or sculpting but letting the essence of the material have a voice, not only in the process but also [in] the result itself. And finally, keeping it simple: There is an emphasis on form and scale and detail.”

This emphasis is thoughtfully displayed in the new D.C. showroom, which reads like a living gallery of the company. Artifacts include a stack of raw wood; a pegboard from the workshop; a 40-foot-long, hand-carved Thos. Moser sign; and large-scale, black-and-white images of the original crew and the founder himself—mileposts worth celebrating. [ARIANNE NARDO] **HAUS**

Thos. Moser, 202.793.2606, thosmoser.com





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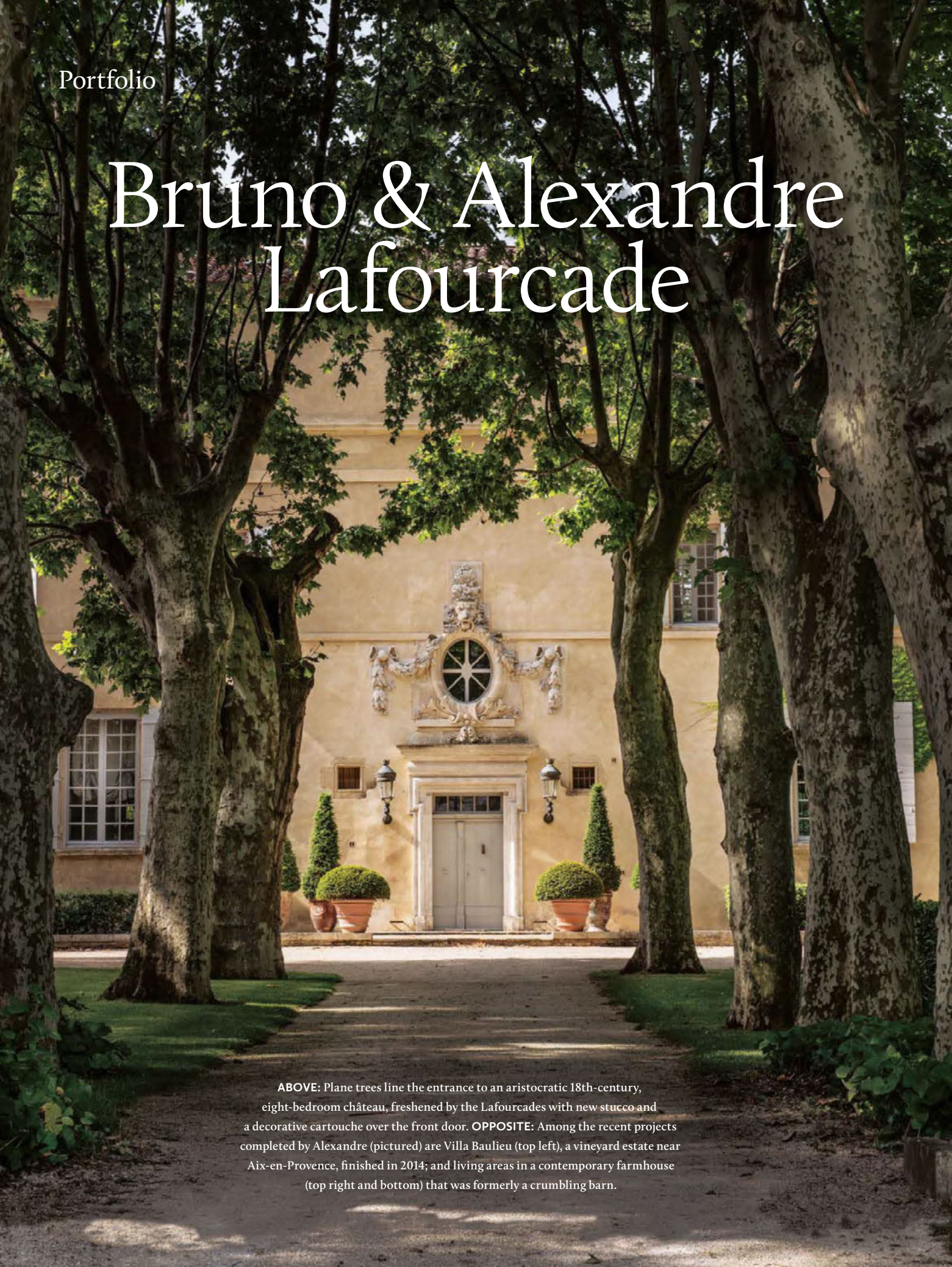
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Bruno & Alexandre Lafourcade



ABOVE: Plane trees line the entrance to an aristocratic 18th-century, eight-bedroom château, freshened by the Lafourcades with new stucco and a decorative cartouche over the front door. **OPPOSITE:** Among the recent projects completed by Alexandre (pictured) are Villa Baulieu (top left), a vineyard estate near Aix-en-Provence, finished in 2014; and living areas in a contemporary farmhouse (top right and bottom) that was formerly a crumbling barn.



FOR MANY, to make a trip to the French countryside is to fall in love and fall hard—especially with the idea of owning a bastide. Those who are serious about ownership will likely turn to the Lafourcade family, perhaps the most sought-after restoration and renovation specialists in the South of France. Since launching the business in 1968, Bruno Lafourcade, a self-taught architect who was made a chevalier in 1989, built a reputation on his talent for making the newly refreshed look old. His son, Alexandre, who is now

42, joined the company at age 15 and took the reins in 2012.

Prospective buyers looking to acquire a vacation home amid the vineyards face a bewildering thicket of regulations; they also will find that most new construction is prohibited, and most restorations must stick to the existing footprint and regional aesthetic. But for some 400 clients, the Lafourcades have made it happen, often in the form of a massive stone chateau at the end of an unobtrusive country lane. “Whether it’s a family’s second house or a vineyard property, [each result] will have the same spirit,” said Alexandre in a recent sit-down with *Robb Report Home & Style*. “The spirit of a *very chic* farmhouse.” [KAREN CAKEBREAD]



TOP LEFT: GÉRARD LE SÉNÉCHAL; TOP RIGHT AND BOTTOM: BRUNO SUET; PORTRAIT: JULIEN DAGUET



How does someone outside France purchase and restore a house in Provence?

First is to buy the property, and most important is the location and the site, because the trees are difficult to change! After that, when working with us, we have to visit all the administrations—city hall, fire department, and many more—and negotiate.

Does the client need to face the bureaucratic hurdles with you?

No, never. I follow everything for my clients. In this office I have a specialist who works all day on building regulations.

How do you approach the restorations?

These old houses are often divided into many parts, and for us, the idea is to make the house one unit. So we have to destroy everything inside and completely reorganize. All we keep is the body, and sometimes that’s just four walls.

You rebuild it to look as if it is from the 1700s.

Exactly. We have to respect a certain size for the windows and doors, and use materials to keep the spirit of the 18th century. After that, we add all the new technology.

Any current challenges?

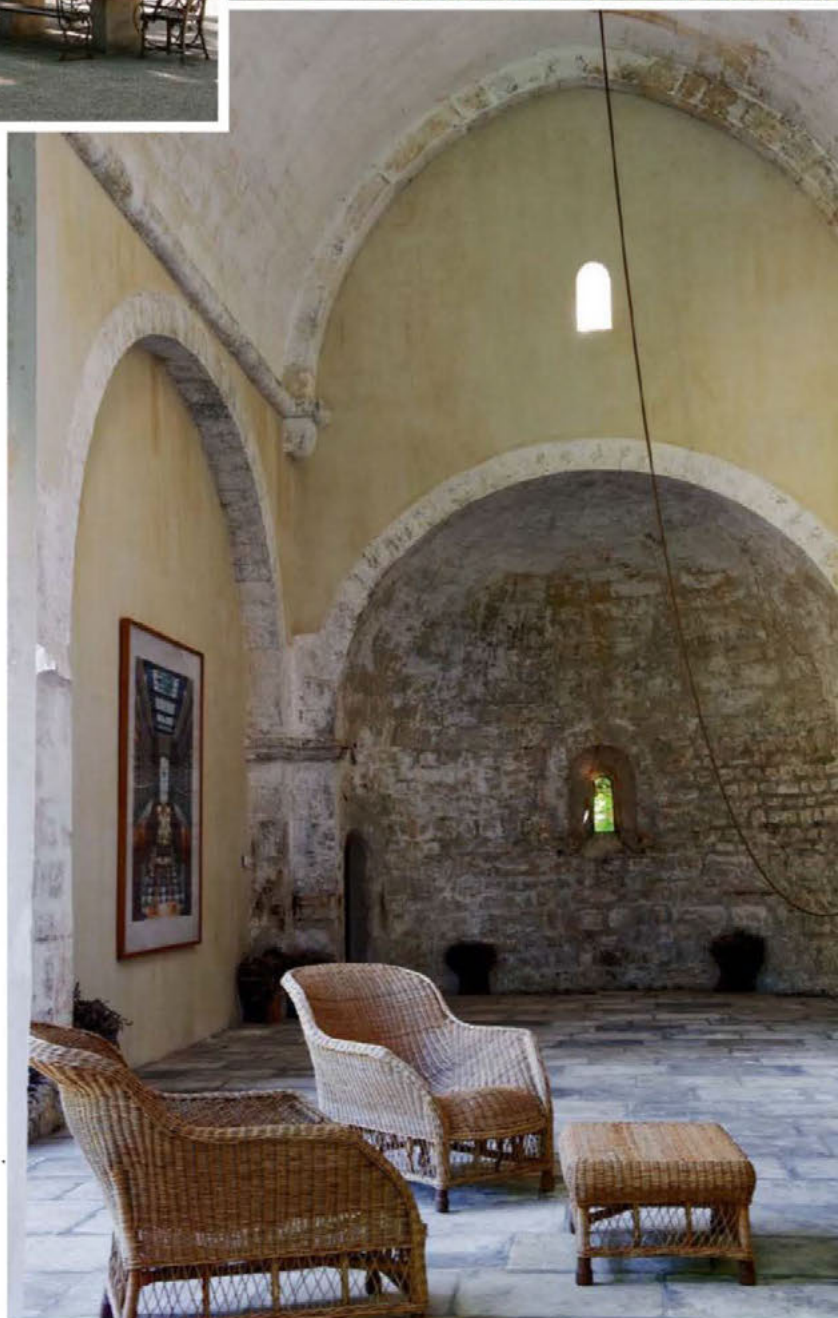
Right now we have a huge private project near Aix-en-Provence. We had a lot of little rooms, and we’re transforming it completely, with huge rooms and a long perspective inside; the view from the kitchen to the second entrance is [about 200 feet]. It was important to create a common visual communication between every room, to make it easy to understand the house—for guests and for the owners.



Reverential Treatment

Research is key to the firm's trademark touch. The library at the Lafourcade office in Saint-Rémy-de-Provence is crammed with references covering centuries' worth of period-specific building materials, hardware, and techniques for stonemasonry, carpentry, and ironworking. But listening to the client and using imagination are crucial too. When an Italian family retained the company to turn a 13th-century chapel with a dilapidated monastery into a private retreat, Alexandre supervised an overhaul, the result of which cleverly retains a centuries-old patina. He relocated the entrance from the south to the north side of the property, creating an ancient-looking lane that wends through lavender fields and orchards of almond trees, terminating at the chapel and the front door to the 21,000-square-foot home. All of the floors were replaced with stone slabs, terra-cotta tiles, and oak, and appropriate wrought-iron details, banisters, chimneys, shutters, and paints were applied.

The Abbaye de Pierredon (three views shown), a sprawling family retreat with a vineyard, was rebuilt from the remains of a monastery and a 13th-century chapel.



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Light Therapy

When Alexandre took on a contemporary project in 2000—turning a hangar into an airy, modern residence—it was the start of a diverse branch of the company portfolio. Site and light play as large a role for new-fashioned structures as they do for a Napoleonic-era château. The residence shown on this page—formerly a run-down warehouse for storing lettuce—is now a modern loftlike home in Saint-Rémy for Bruno and his wife, Dominique. Candidates for modern makeovers often draw the Lafourcades to the Côte d’Azur as well, where there is no shortage of 20th-century villas in need of aesthetic upgrade.



TOP: ANDREAS VON EINSEDEL; BOTTOM: BRUNO SUET



ABOVE: Dominique Lafourcade's studio overlooks the garage and a couple of Bruno's Bugattis.

LEFT: The terrace at the Lafourcades' former "salad factory."

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Garden State

Applying the final touches to many Lafourcade projects is the family's landscape artist and Alexandre's mother, Dominique. "She follows me, after, for the gardens," he explains. A Lafourcade landscape, however, is not an afterthought. Dominique travels the world for inspiration, and her outdoor rooms can conjure Renaissance Italy or an *Out of Africa* savanna. The gardens, whether geometric and formal or floral and exuberant, are scrupulously planned to enhance the Provence experience for the homeowners by touching on all five senses. Herb and vegetable gardens, a henhouse or a horse pasture, water features, and a helping of whimsy—all can play into the mix.

Dominique Lafourcade's landscapes are as carefully executed as the homes they surround. Geometry and perspective figure prominently in her layouts, and her husband, Bruno, is her collaborator.



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Alexandre Lafourcade's Top 10



❖ **CAR:** The new Mercedes-Benz AMG GT S, for its performance during intensive use. ❖ **VACATION SPOT:**

Île de Ré [where Alexandre restored a holiday house for his immediate family, which includes five children]; Île de Port-Cros, as a holiday break for the entire family.

❖ **RESTAURANT:** Le Bistrot du Paradou in Paradou, where you can taste local dishes like a rustic, satisfying meal of salt cod, escargots, and vegetables with dollops of garlicky aioli.

❖ **PLACE TO STAY IN PROVENCE:** La Mirande hotel in Avignon, near the pope's palace; cozy and charming, a beautiful mansion with 18th-century atmosphere. ❖ **ART:** Botticelli's *La Naissance de Venus* (*The Birth of Venus*), at the Uffizi Gallery in Florence, Italy. ❖ **VINTAGE CAR RESTORATION:**

Laurent Rondoni [at Ventoux Moteurs] in Carpentras, who specializes in Bugatti motors. ❖ **LIGHTING:** Mathieu Lustrerie in Gargas, an ocher factory and a museum devoted to the glittering world of chandeliers. ❖ **UNIQUE PLACE:** The ancient Caves de Sarragan in Les Baux-de-Provence—limestone outcrops which have been quarried since pre-Roman times.

❖ **SHOES:** J.M. Weston, for their comfort. ❖ **CONTEMPORARY SCULPTOR:** François Chevalier, for his king-size bronzes. Bruno & Alexandre Lafourcade, +33.4.90.92.10.14, architecture-lafourcade.com; Dominique Lafourcade, +33.4.90.95.52.91, dominique-lafourcade.com 



CLOCKWISE FROM TOP: Mercedes-Benz AMG GT S; Alexandre Lafourcade, after winning a road rally in a Bugatti Type 35 restored by Laurent Rondoni; the Mediterranean island of Port-Cros; escargots; La Mirande hotel; *The Birth of Venus* by Sandro Botticelli; a bronze Bugatti Type 35 by François Chevalier; Les Baux-de-Provence (left), Mathieu Lustrerie's Lustre Ventoux chandelier (right); J.M. Weston shoes.

SHOES: RICHARD COGNÉ; PORT-CROS: LOOK/ROBERT HARDING; LES BAUX-DE-PROVENCE: HWO/MAGBROKER/CORBIS; ESCARGOTS: STOCKFOOD/ROGER STOWELL; BIRTH OF VENUS: GALLERIA DEGLI UFFIZI/BRIDGEMAN; WWW.BRIDGEMANART.COM



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Balancing Act



A husband-and-wife design team marries the best of both worlds, creating a Los Angeles home that is effortlessly stylish inside and out.

BY CARRIE NIEMAN CULPEPPER > PHOTOGRAPHY BY ROGER DAVIES



SOME HOMES give it all away at the door, but this commanding 7,750-square-foot contemporary in Los Angeles's Pacific Palisades district unfolds through a careful choreography of shapes, textures, and light. So deliberate, in fact, is the aluminum-and-concrete structure's design that signature features—the rooflines and clerestory windows of varying shapes—materialized as the well-thought-out solution to a design hurdle.

“The neighborhood association bylaws required a pitched roof, but our clients wanted a modern home, which traditionally would have a flat roof,” explains architect William Hefner. His answer? A design with three roofs pitched in different directions. It not only solved the problem but also resulted in more opportunities for natural light and unpredictable interior spaces. “It really became a hallmark of the house,” he says. Hefner and his wife, interior designer Kazuko Hoshino (both are principals at Studio William Hefner in L.A.), cocreated the home and landscaping.

A Japanese-inspired rock garden leads to the house. To the side of the front door is a black, standing-seam-aluminum art studio, which affords views of the main house across an internal courtyard—one of many happy surprises in this nest for empty nesters. ➤





Life of the Parties

“They were fun clients to design for,” says Hoshino. “They’re interesting people: foodies who love to entertain. He collects wine, she’s a painter.” Adds Hefner, “They gave us a lot of creative freedom.”

Like the couple it was designed for, the home (family room, loggia, and kitchen shown here) is prepared to host different groups on any occasion, no matter the weather. A great deal of consideration went into planning for flexible entertaining scenarios, which might include an afternoon of mah-jongg at a custom patio table equipped with pull-out slats for placing drinks, or dining for 16 at two glass Gallotti & Radice tables adjacent to a wall-sized, refrigerated wine display cabinet. The loggia’s built-in radiant heating element, along with sliding glass doors that retract at the push of a button, allows for outdoor entertaining even in cooler weather.

The owners, who previously lived in a Mediterranean-style residence, requested a “lightness” to the home’s interiors, and Hoshino delivered it in both palette and weight, selecting chairs that can be moved around easily. Similarly, the designer chose a cast of airy elements, such as the Random Light globe pendants by the Dutch brand Moooi, sculptural Janus et Cie Lulu lounge chairs for the patio, and the glass dining tables.

Taking cues from art in the family room, Hoshino added splashes of color around the dining tables with Cassina’s Hola armchairs. “I always think that if you have 16 chairs of one color, it’s so boring,” she says. “This way if you have a birthday or guest of honor you can sit them in a red chair.”

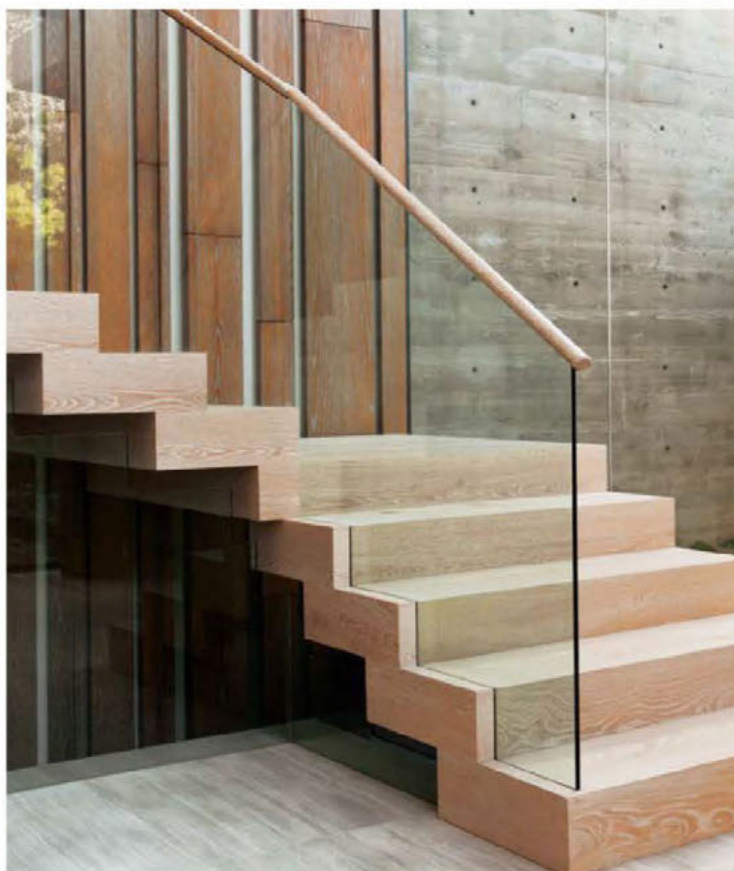
Stainless-steel doors and drawers hide appliances in the kitchen, while Luce de Luna quartzite on the counter and backsplash help maintain the quiet palette.

Patterns at Play

Hefner and Hoshino work in unison to arrange the flow and rhythm of the spaces they create. And a project's interiors, they say, often impact its architecture from the outset—from the proportions of rooms to the sight lines.

“William and I often talk about things like, ‘If I’m sitting on the sectional, what am I going to see?’” says Hoshino. In the case of the family room (top right), which leads to the patio and pool area (bottom right), they decided it would not be just the fireplace and television (behind a retractable panel). The pair’s design scheme encourages the eye to roam—to a colorful piece from artist Mark Stock’s butler series (*The Butler’s in Love* #35), over the landscape by Larry Bennett, or up to the clerestory windows and the view beyond. This extra row of windows brings more light into the room throughout the day, while the windows’ black metal frames provide a graphic element. “We tried to create patterns,” says Hefner, “and the owners were open to letting me explore that.”

Another graphic element is the staircase (below) just inside the home’s front door. A dramatic focal point, it curves up a three-story wall of vertical oak panels of varying lengths that are illuminated from behind.









Easy, Breezy

With close to 2,000 square feet of patio and terrace space, the home offers easy transitions to the outdoors, including those from the master bedroom (above left) and guest room (above right). Some of the upper, clerestory windows open for ventilation, and a generous roof overhang provides shade from the California sun. Outside and in, the spaces hew to the owners' needs. "We wanted [them] to be comfortable in the house on a rainy night when it was just the two of them watching TV," says Hefner, "and they wanted space for entertaining, which is why we grabbed external areas to borrow for entertaining."

A Wolf Kahn painting is a focal point of the master bedroom's sitting area (left). The artwork hangs against the limestone fireplace, near two Gianfranco Frattini Sesann lounge chairs that invite relaxation. The bed's headboard fronts a section of custom Santorini wallpaper from the San Francisco studio Surfaces by David Bonk. The guest bathroom (right) presents a combination of stones, including pewter limestone for the floor and statuary stone for the backsplash and built-in bathtub.





Space to Think

A 5.5-foot-long classic Akari L4 lantern by the modernist designer Isamu Noguchi punctuates the 16-foot-high ceiling in the entryway (left) to the guest room, which is adjoined by a 400-square-foot patio.

Like the guest room, the husband's office (below) is on the second floor, and it shares a terrace with the master bedroom. Anchoring the space is a custom partners desk composed of black limba wood and metal detail; the piece connects to a credenza of custom metal file cabinets. The desk chairs are Pollock Executive designs by Knoll. Hefner created wooden channels in the ceiling to hold recessed lighting, and, in addition to those sources of illumination and ample natural light, the office also features the Concorde chandelier from the furnishings company Bourgeois Bohème and Pacman sconces from Interieurs.

For the home's art studio (exterior shown on page 42), the wife requested a plain white room with expansive floor space so that she could focus on large works without being distracted by colorful decor. Hefner accommodated, even employing sapphire frosted glass for the ceiling because it lacks the green tint of regular glass.



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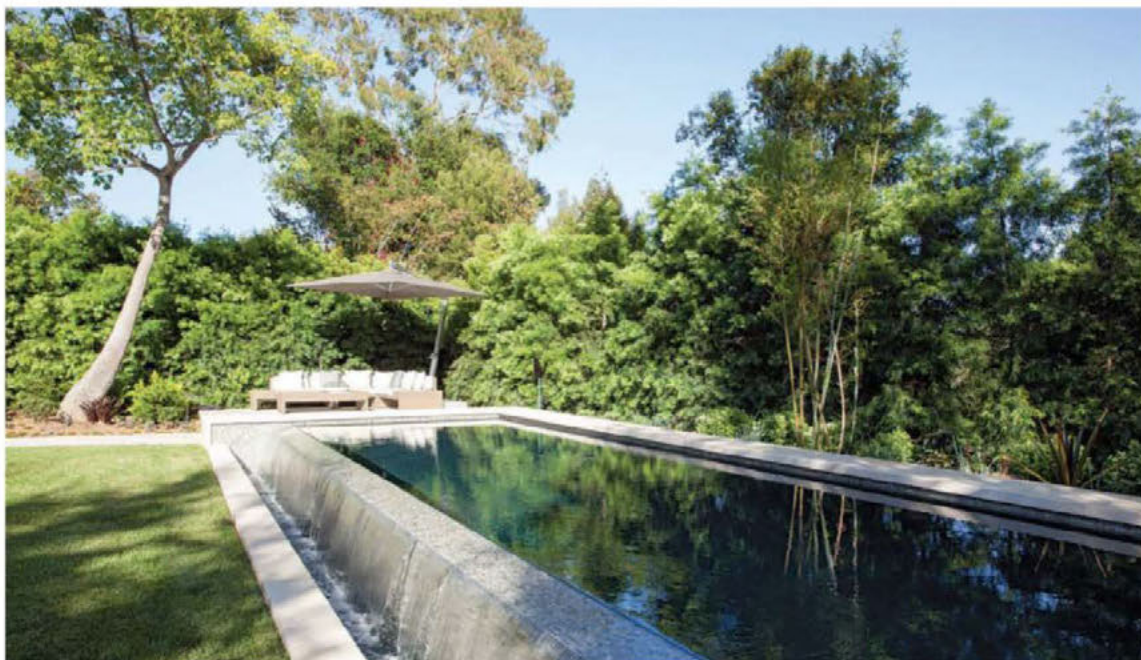
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Water's Hedge

A grove of Japanese maple trees and bamboo along the pool lends a tranquil feel to the backyard. The wife is a swimmer so a lap pool was a must, but this one sheds any sign of its utility thanks to a dark glass-tile and plaster interior that creates a pond-like appearance. Over the infinity edge spills a calming waterfall, which can be seen and heard from the back of the house. The louvered-metal overhang on the second story extends over the outdoor spaces,

providing some shade and minimizing glare from the glass walls. The various seating areas—some covered, others heated—serve different purposes at different times for the owners and create visual intrigue. “The idea was not to make the house feel like a big box,” says Hefner, “but to have one-story portions and two-story portions—to make it feel more interesting and offer different experiences.” 

Studio William Hefner, 323.931.1365, williamhefner.com



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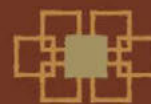
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Purple Reign



Silk fibers in the Tai Ping area rug and rock crystal lamps from CL Sterling & Son bring sparkle to the living room's seating arrangement: a Vladimir Kagan sectional and Christian Liaigre St. Germain lounge chairs (all upholstered in Bergamo fabrics). The Alpha Workshops Venetian plaster backdrop delivers another dose of depth and texture.





High above Manhattan,
this Jamie Drake–designed
penthouse is anything but
a shrinking violet.

BY JORGE S. ARANGO > PHOTOGRAPHY BY MARCO RICCA



When it was coined in 1889, the word *sporty* meant sportsmanlike. But by the 1960s, the term also had become associated with the look of sports cars—fast, flashy, sleek—and not long thereafter it took on a certain fashion sense, connoting a trim, fitted, and confidently youthful aesthetic. So when interior designer Jamie Drake describes the couple who hired him to outfit this spacious one-bedroom loft in New York City as “casual and sporty in nature,” he is suggesting they are more Roberto Cavalli chic than Brooks Brothers classic.

Indeed, this is a principal reason people flock to Drake, arguably the premier colorist designer of our day: His fashionableness infuses even his most traditional interiors. Moreover, his clients admire the modernist lens through which he filters his comprehensive knowledge of fine- and decorative-arts history.

This home is Drake’s second project with a thirtysomething pair who, he notes, “wanted more space and, very specifically, outdoor space.” To that end, the couple purchased an apartment near the previous residence he had designed for them. The new penthouse duplex measured 4,500 square feet and featured expansive terraces on the upper level and roof that provided an additional 1,150 square feet. “It’s perched atop an industrial warehouse building erected in the 1920s,” he says. “The views are stunning, with three aspects, facing east, west, and south.”

Fortuitously, Drake recalls, “the apartment had been renovated by previous owners in an excellent way, utilizing high-end finishes and superb details. We built upon that.” Their updates had included elegant honed





TOP LEFT: In the living room, Holly Hunt's Darder wingback chairs sport a Jim Thompson zebra-patterned fabric that designer Jamie Drake paired with an ottoman in Elitis mohair.

TOP CENTER: Punctuating the foyer are a limited-edition Hubert le Gall Romulus mirror, a ceramic vessel by London potter Kate Malone, and a custom lacquered console from Ivy Square Woodworking.

TOP RIGHT: The upper-level media room introduces teal in the Osborne & Little fabric of a bespoke sectional by Phoenix Custom Furniture and a Christian Liaigre daybed in Mokum's cotton-viscose-linen blend. The warm wood of a Luna coffee table by Hélène Aumont balances the jewel tones.

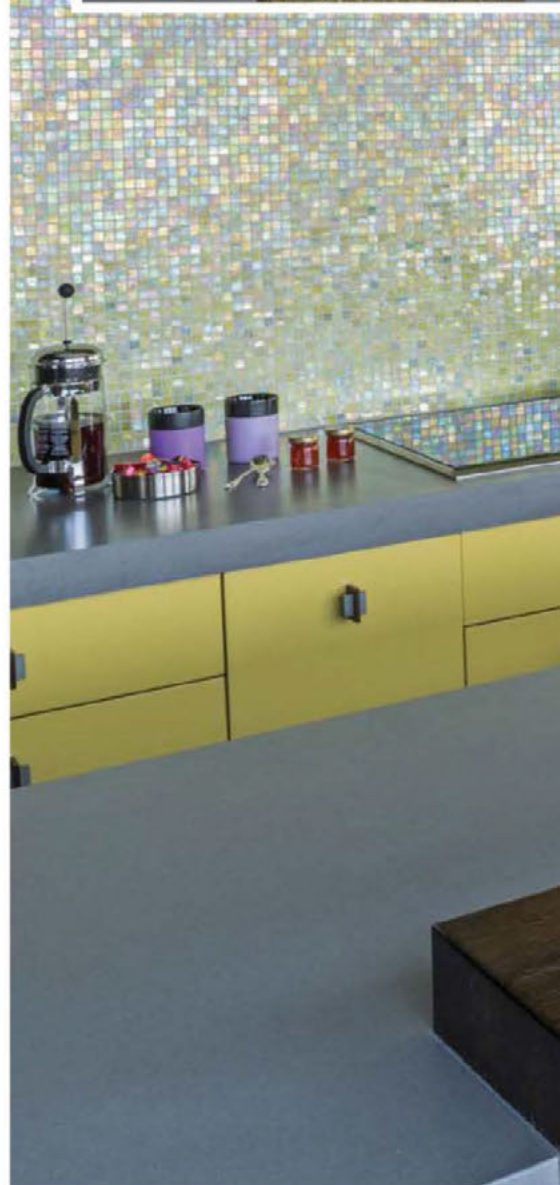
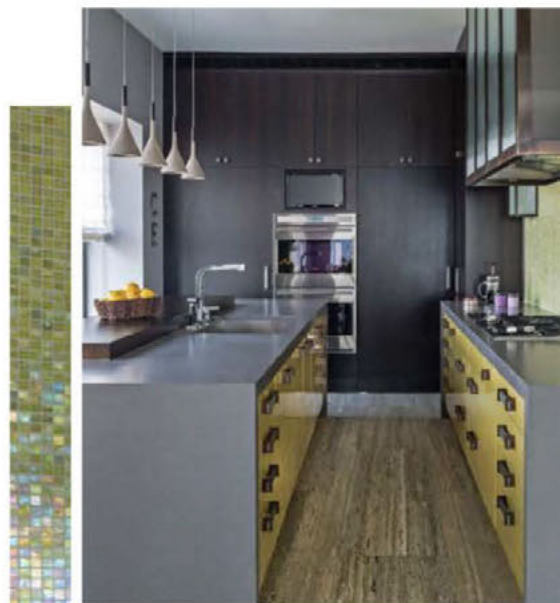
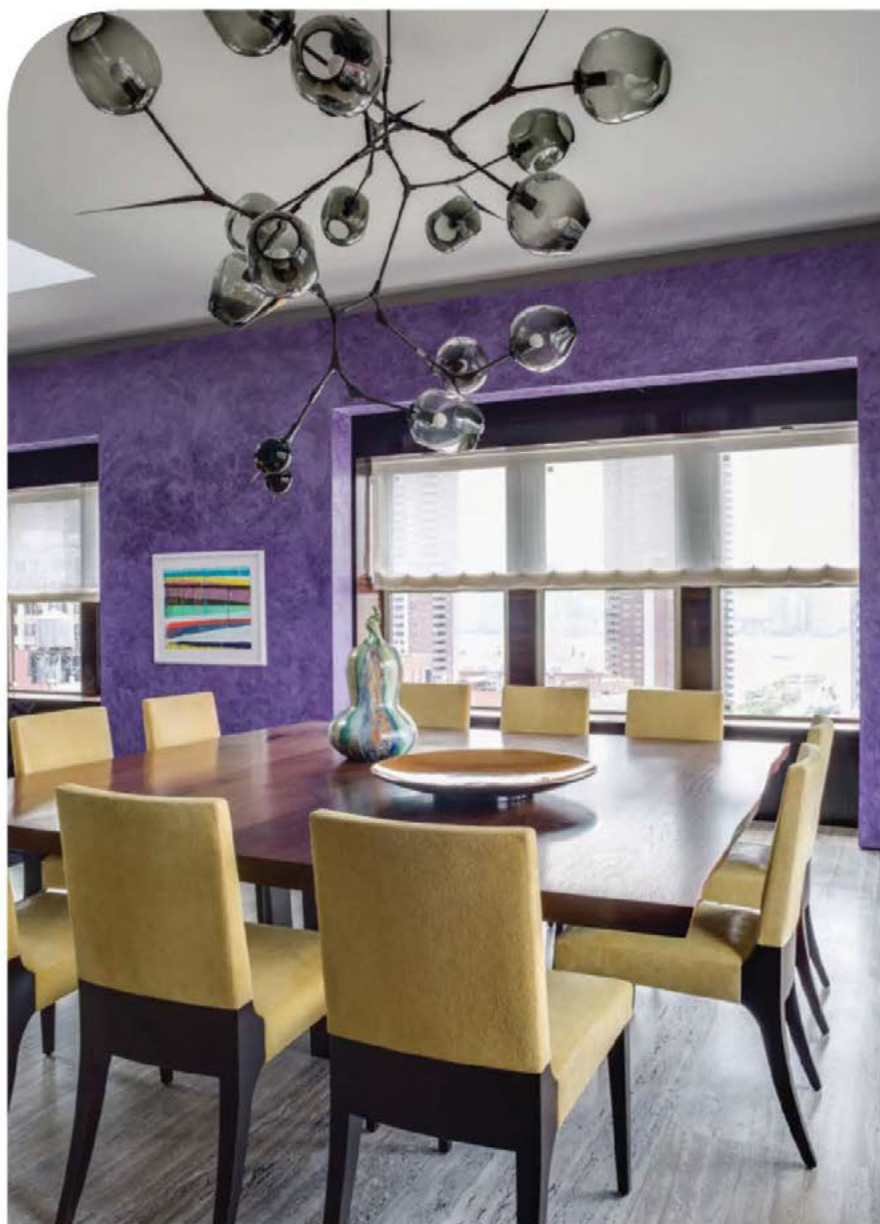
BOTTOM: In the library, Holly Hunt swivel chairs in shimmery Jim Thompson fabric gather around a Peruvian Touch ottoman swathed in Moore & Giles leather. Side tables and a corner floor lamp by Robert Kuo inject the mellow glow of bronze, while Dedar drapes repeat the violet hues of the adjacent living room.

travertine marble in the dining area, a green marinese marble floor in the master suite, Macassar ebony paneling in the library, and cerused oak millwork in the master bedroom. Drake edited some of these down, removing portions of the ebony to make the library feel brighter, and creating upholstered panels to break up the oak in the master, imparting a suppler couture sensibility.

The designer then enhanced the architectural envelope with finishes and details that personalized the interiors for the owners. “I wanted it to be unmistakable

when you walked into the apartment that you were in our home,” says the wife. “The space here is incredibly dramatic. With the high ceilings, stone floors, and huge windows, there was real potential for it to feel very cold. We wanted bright and warm colors and comfortable furniture to help combat that.”

In particular, the couple strongly desired a purple-based palette. Drake knew the bold color would need modulating. “We mixed it with mustard in the living room and adjacent library, and in the kitchen–dining room,” he explains.





Iridescent Sicis Iridium mosaic tiles in the Matthew Quinn–designed kitchen contrast with the island’s natural wood and Mark Albrecht woven leather bar stools from Suite NY.

INSET: Quinn and Drake customized the Downsvew Kitchens cabinets with a mustard enamel finish and framed them in gray lacquer. Cabinet hardware is from Quinn’s own collection.

LEFT: A custom Lindsey Adelman chandelier is a dramatic explosion of form above Hudson Furniture’s natural-edged walnut slab table and Joseph Jeup’s Harris side chairs from Donghia.

RIGHT: The master bedroom tones down the purple punch with wall panels upholstered in aqua Bengaline fabric from J. Robert Scott and a work by Damien Hirst. The regal shade reappears on customized lacquer bedside tables from Holly Hunt and bed pillows in a violet Donghia fabric. The bronze reading sconces are by the French architect Jean-Louis Deniot.

FAR RIGHT: Keeping the existing green marinate floor, Drake reconfigured the master bath, added a new custom vanity, and surrounded the tub in Carrara marble.





“In the bedroom we went softer, pairing it with a scheme of fresh aqua. On the upper level the purple returns as accents with vibrant teal.”

Drake’s deployment of the various purple shades was key; flat coats of paint would not have conveyed the requisite stylishness. Instead, he incorporated the unapologetic hue in myriad ways: hand-troweled Venetian plaster walls by Alpha Workshops and sumptuous Dedar draperies in the living room; lush mohair on a living room ottoman; glossy lacquered nightstands from Holly Hunt in the master bedroom.

Similarly, the designer deftly calibrated sheen and shimmer, conveying a certain level of dash while sidestepping glitz. This

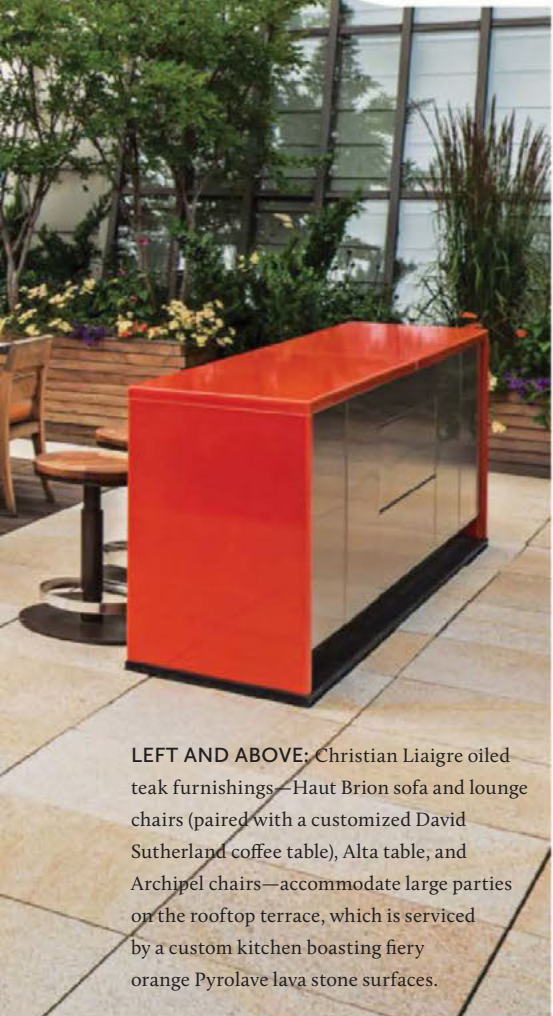
is evident in the library’s suite of swiveling lounge chairs, which are upholstered in a Jim Thompson fabric that exudes a mellow gold glow. Discreet sparkle also emanates from the tiled kitchen backsplash and the silk fibers woven into various bespoke carpets. On the home’s upper story, Drake bestowed on the glass-enclosed den a bronzed fireplace that he describes as “a polished and sophisticated take on the building’s industrial roots.”

The owners’ personalities come through not only in the colors and textures but also in the choice of artwork. Drake notes that the couple tend to favor photography—the image above the living room sofa is from Roberto Dutesco’s *The Wild Horses of Sable Island* series—and what he calls



“It’s hard to pick a favorite spot, but if I had to, I guess I’d go with the second floor—inside in winter and outside in summer. The views are spectacular in every direction, and the ability to sit in front of a fire and still feel that level of access to the New York City skyline is truly special.” —HOMEOWNER





LEFT AND ABOVE: Christian Liaigre oiled teak furnishings—Haut Brion sofa and lounge chairs (paired with a customized David Sutherland coffee table), Alta table, and Archipel chairs—accommodate large parties on the rooftop terrace, which is serviced by a custom kitchen boasting fiery orange Pyrolave lava stone surfaces.

“pieces with a very vibrant character.” Examples include a Damien Hirst in the master bedroom, a Sol LeWitt in the foyer, and a Paul Jenkins in the dining room.

Another request by the couple was not one but two kitchens—one inside and another outdoors on the roof. For these spaces, Drake collaborated with the kitchen designer Matthew Quinn, of Design Galleria in Atlanta. “The owners most definitely use their kitchen, which is unusual for New York,” says Quinn. “They’re a young couple, and they like having the flexibility to entertain intimately or in large numbers.”

“The indoor kitchen reconfiguration was our greatest challenge,” notes Drake. “We removed a bath to accomplish this.” That extraction not only allowed for the inclusion of an eight-burner range, two convection ovens, a microwave, wine storage, and two dishwashers, but also opened up space for a walk-in pantry that is accessed through a secret door in the millwork. Quinn hid the refrigerator and freezer behind paneling, and the tiled backsplash conceals an easy-to-reach compartment for stowing small appliances. The room’s composition is completely

custom, down to the mustard yellow high-gloss enamel cabinetry.

Bespoke details continue in the rooftop kitchen. The island incorporates a Pyrolave lava stone countertop in a custom orange glaze—a departure from the interior palette. Drake filled the terrace with seating and dining areas appointed in Christian Liaigre teak furniture and custom upholstery. Potted plantings by David Seiter, principal of Brooklyn’s Future Green Studio, lend a garden feel to the space.

Outdoors and in, the home’s vibrant spaces reveal their owners’ true colors. “It’s hard to pick a favorite spot,” says the husband, “but if I had to, I guess I’d go with the second floor—inside in winter and outside in summer. The views are spectacular in every direction, and the ability to sit in front of a fire and still feel that level of access to the New York City skyline is truly special. Plus, it’s a clear example of that balance we were hoping to strike.” The wife agrees. “We were looking to balance the opulence with a sense of comfort,” she adds. The very definition of sporty, if ever there was one. **HAS**

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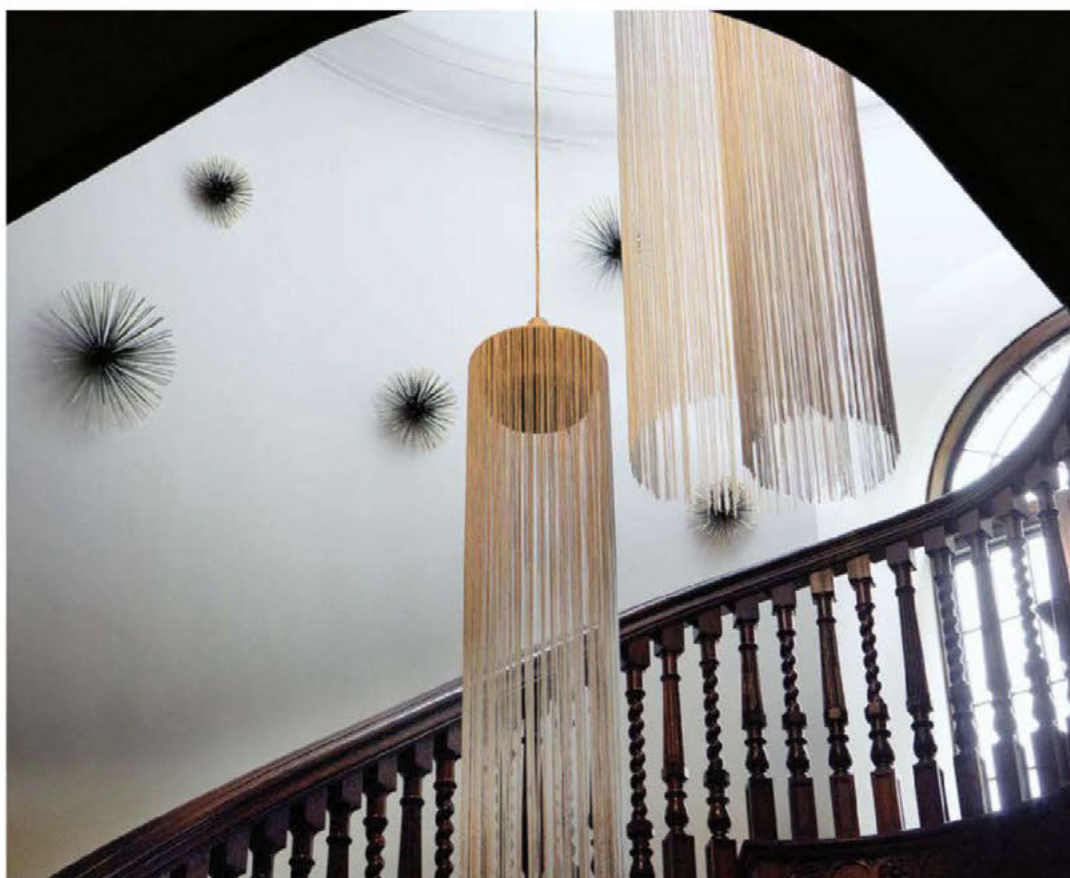
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THE Manor Reborn

PROJECT INTERIORS INFUSES A CLASSIC HOME OUTSIDE CHICAGO WITH CONTEMPORARY VERVE.

BY ARIANNE NARDO > PHOTOGRAPHY BY TONY SOLURI

HOW DOES ONE refashion a masterpiece without suffocating its spirit? The husband-and-wife owners of this notable property—a 13,000-square-foot, circa-1924 estate in the posh Chicago-area suburb of River Forest—proceeded with great care, seeking outside expertise before making any design decisions. They hired the Chicago studio Project Interiors, whose principal, Aimee Wertepny, and senior designer, Jennifer Kranitz, unleashed their feisty, chromatic alchemy on the stately residence. They not only gave the estate a modern makeover but also honored its individual history

as the husband's childhood home. It was a personal project, and in the end, the redesign emerged as a thoughtful rendition, one that expresses the couple's tastes and gutsy palette preferences without lingering in sentimentality. "They needed a third party to come in and edit—someone else to do the dirty work," says Wertepny.

In the foyer (left), flanked by Lindsey Adelman lights made into sconces, hangs a metallic dimensional work by the artist Connie Noyes. Three Swing pendants by Nicola Nerboni for Fambuena—"a nonobvious, playful choice," notes Wertepny—descend above the home's original staircase. ➤

THE REMIX

In addition to the main residence, the property encompasses a coach house, an enclosed passageway, and expansive grounds, and throughout the designers encountered glamorous period details, from ornate plaster ceilings and wooden panels to stone fireplaces and white oak floors. “[The clients] wanted us to respect the most important bones in the house, and *we* wanted to,” says Kranitz.

At the same time, the wife—a close collaborator throughout the design process—also dreamed of a bright, luminous living room (below) with hits of saturated color. “It was definitely controversial,” says Wertepny. “We wanted to take an entire 1,000-square-foot space full of original dark mahogany and paint it white.”

Despite some initial hesitation, the team forged ahead, and the result is a triumph of design that is current but also celebrates the space’s provenance. The chandeliers and fireplace are original, while dramatic pieces such as the custom purple chaise provide ample, streamlined seating whether the owners are watching TV or entertaining guests. A collage-style wall beside the fireplace displays, among other works, artist Amanda Morrison’s edgy, acrylic-gloss-coated composition (detail shown at right) of molten rubber, chain, and textile. Project Interiors’ signature textural decadence is felt in the room’s tactile mix: a tufted rug by Çinar, ombré sheers from Opuzen, two Wertepny-designed Lucite chairs, a 1970s lamp (far right at bottom), and a custom wingback.





“It was definitely controversial. We wanted to take an entire 1,000-square-foot space full of original dark mahogany and paint it white.”

—AIMEE WERTEPNY, principal, Project Interiors

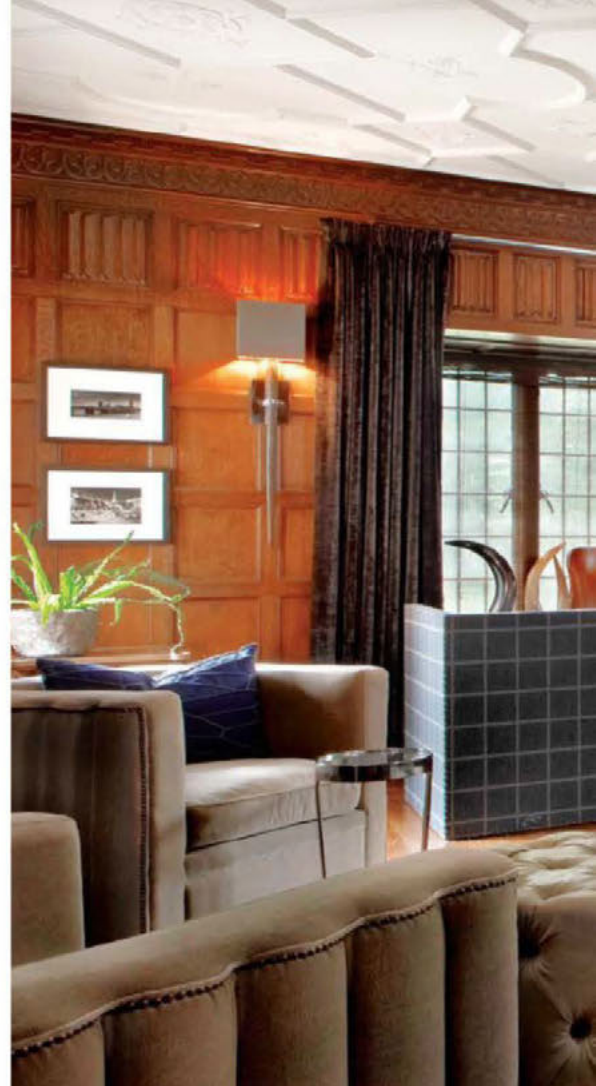


SPACE AND TIME

A contrast to today's open floor plans, the home's traditional layout enabled each room to be its own decorative universe. The husband's office/library (right) holds mementos, as this office was once his father's. "What I love in this room is how the vintage elements combine with the new elements that we selected. They have a timeless appeal," says Wertepny. "We upholstered the desk in plaid flannel; the light fixture is from Ralph Lauren. The rhythm of the steel shelving matched the rhythm and dimensions of the wood paneling, so we weren't interrupting anything there, we were embellishing it."

In the dining room (below), the designers drenched the walls in high-drama black lacquer—and upholstered the chairs in a striking emerald green indoor/outdoor fabric from Perennials. "It's a sexy jewel box," says Wertepny. The main-floor powder room (bottom center) showcases a high-wattage custom wall covering by Black Crow Studios (see "Wall Power," page 136). "It's the story that's played out in the home, in every room, in a different way: a dose of color, a splash of glam, a splash of white, Lucite, a little bit of gold, and traditional molding."

The kitchen (bottom right) now has a reconfigured layout and clean sight lines. The blackened-steel-and-glass apothecary cabinet is custom, and the backsplash's concrete tiles are by Andy Fleishman for Ann Sacks.







HABITATS IN BALANCE

The first piece chosen for the master bedroom (above) was the Bernhardt bed. “To counterbalance the square, architectural feel of this massive piece, we were focused on creating more feminine lines,” says Kranitz. “The chaise we had custom-made in a vintage style. We added the gold egg table and softer pieces to juxtapose the strength of that bed.” Charcoal floor-to-ceiling drapery behind the headboard also offsets the bed’s weight. Unlike the home’s main floor, the second level lacks ornate ceilings, so Wertepny and Kranitz selected a striking light fixture, the Sibilla pendant by Crepax & Zanon for Leucos. Project Interiors designed the bed-side table and selected a carpet by Stark. The artwork—a vintage series of Asian etchings—was uncovered in the home’s attic.

In one of the guest rooms (left), the designers translated the wife’s fondness for monkeys into a cheeky custom wallpaper print of monkeys having cocktails, smoking, and wearing pearls. The armchair is one of three vintage chairs that belonged to the wife’s mother-in-law. It was reborn in black lacquer and upholstered in Mongolian lamb’s wool.

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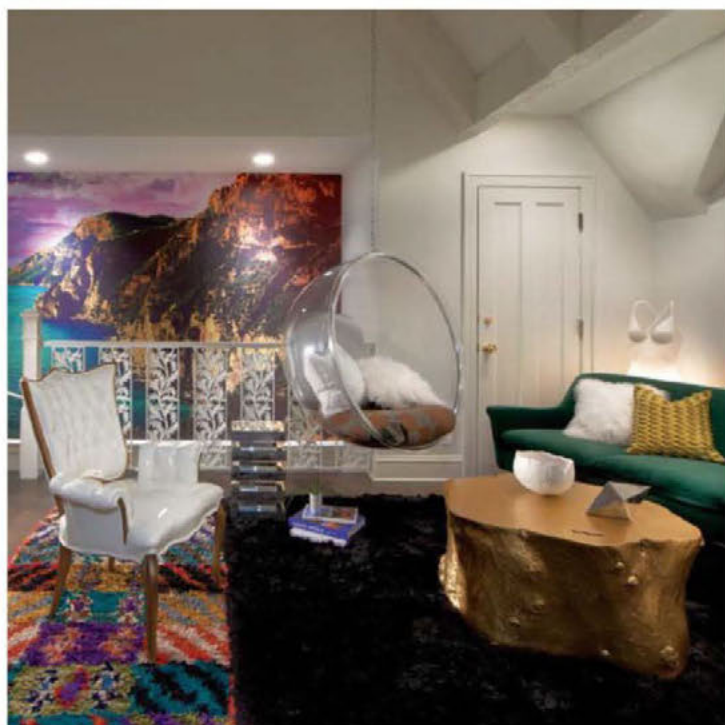
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TUNNEL VISION

A corridor (above) connects the main residence to the coach house and garage. Affectionately dubbed “the link” by the homeowners, the 30-foot-long passageway received the Project Interiors treatment: black paint for the window frames and original lanterns, as well as new tile for the floor and framed black-and-white wedding photos for the walls. Inside the coach house, the wife’s office (left) is a splashy retreat. The designers modified an image of the Amalfi Coast, where the couple honeymooned, to create a vibrant mural that the wife can enjoy while she uses the space.

“It was very passion-driven,” says Wertepny of the wife’s relationship with the project. “She was very involved in the hunting and gathering, she was scouring; she was sort of in training for her store.” The wife opened that shop, a home furnishings boutique, last year. “I was definitely inspired by working with Project [Interiors] to experiment more and more in the realm of design and decorating,” says the wife. “They took me to the next level.”



Mitchell

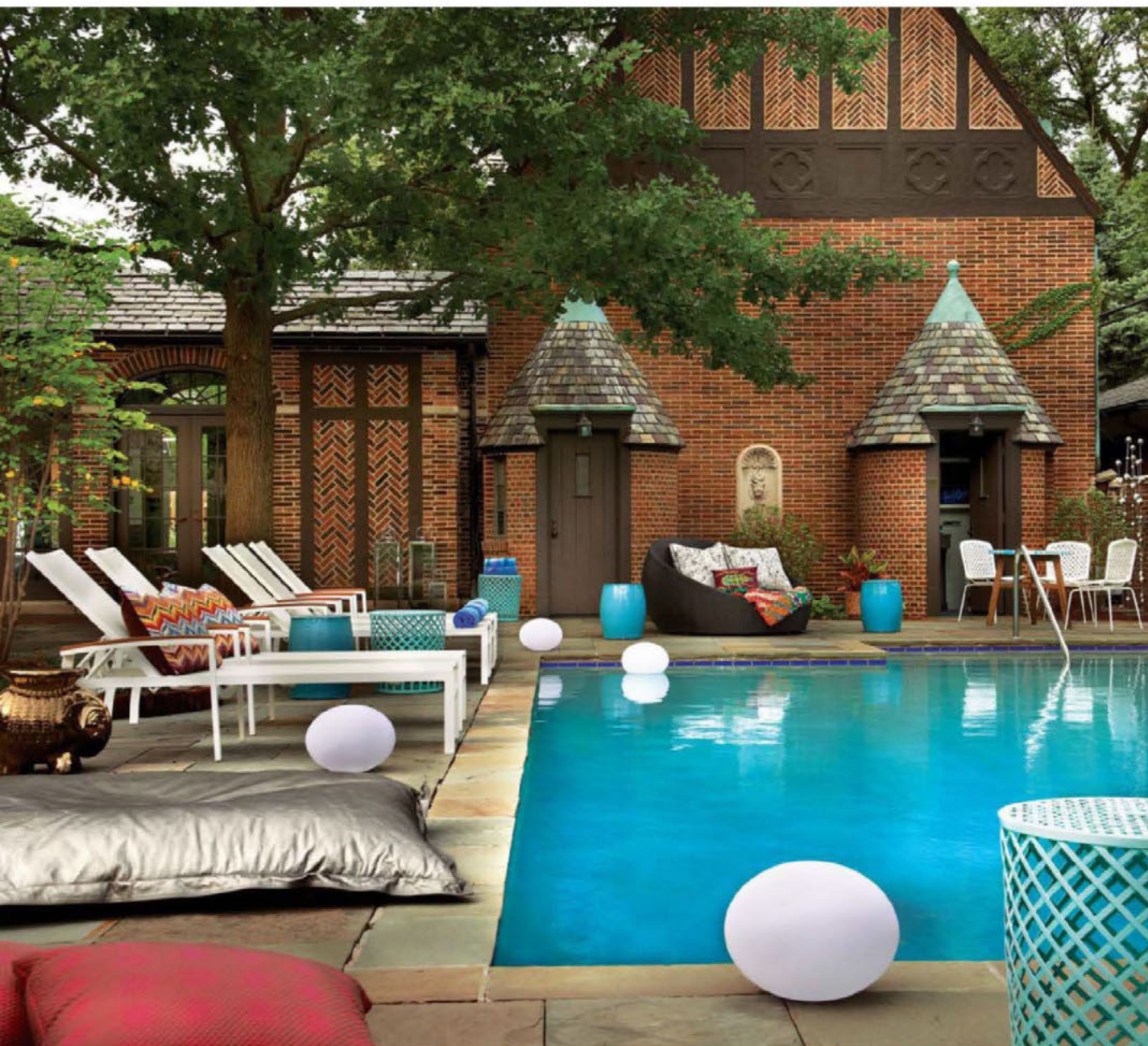
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MAKING A SPLASH

The designers plunged into a sassy, resort-style design for the pool area, which affords a view of the property's picturesque landscaped expanse. Outdoor furniture from Janus et Cie, metallic beanbag cushions by Fatboy, and kicky Missoni pillows are the backdrop for family gatherings and parties. The scene—a well-orchestrated mingling of classic architecture and contemporary details—epitomizes Project Interiors' knack for blending tradition and modernity with sophistication.

“What felt really good about this project is that

there's an heirloom sense about every decision we were making,” says Kranitz. Adds Wertepny, “One of the things I live by is that people should live in spaces that make them feel good and that are reflective of history, of past events, heirlooms, and stories. And something that makes you smile and reflect. Not all of our clients come with those elements, so we have to create them in some cases. Luckily this home came with a lot of history—a lot of stories.”

Project Interiors, 773.394.1174, projectinteriors.net

A portrait of Roger Federer, dressed in a black tuxedo with a white shirt and a black bow tie. He is smiling slightly and looking towards the camera. The background is dark with some stage lights visible.

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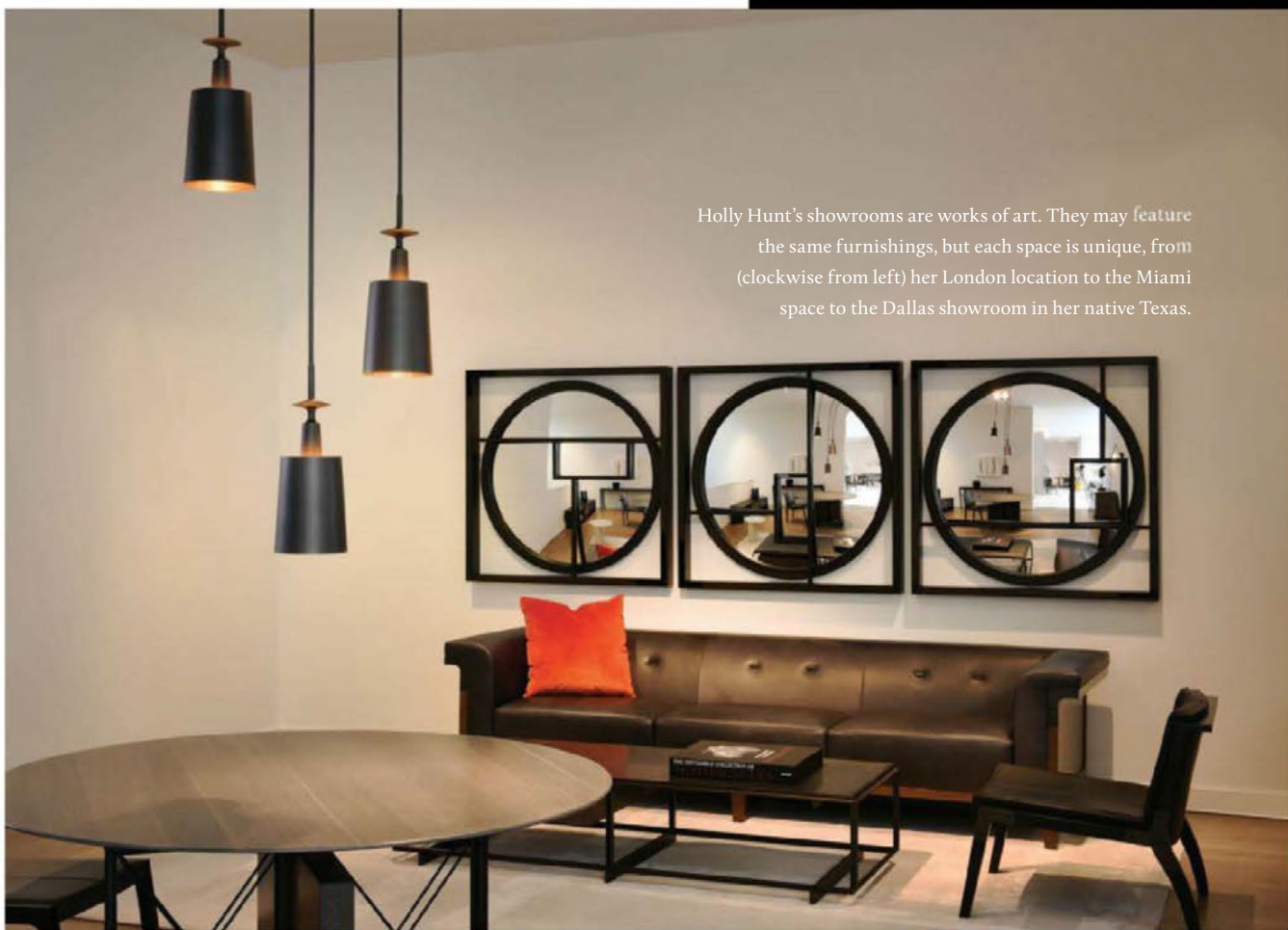
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Showroom Business

After 30-plus years at the top of the design universe, Holly Hunt and her namesake brand need no introduction. But she has plenty of news to share.

BY SHEILA GIBSON STOODLEY



Holly Hunt's showrooms are works of art. They may feature the same furnishings, but each space is unique, from (clockwise from left) her London location to the Miami space to the Dallas showroom in her native Texas.



OPPOSITE: ED REEVE; THIS PAGE, TOP: KEN HAYDEN; BOTTOM: MARLENE ROUNDS

STEP INSIDE A Holly Hunt showroom in search of an exceptional cocktail table or bookcase, and the sense of uniqueness is immediate. Each of the brand's 11 locations—from the original in Chicago, to the two in New York, to the outposts in Miami, Minneapolis, Los Angeles, Dallas, Washington, D.C., London, and São Paulo, Brazil, to the most recent addition in Houston—is different, each is inviting, and each is exemplary. "I think we do more with our spaces than anybody else. Why should they be alike? That's boring. We do whatever the space calls for," says Holly Hunt, founder of the Chicago-based design and furniture company that bears her name. "The space tells you what it wants to be, and what it can be," she says. "It reveals itself. I have to almost feel it as it goes up, feel it as it comes alive."

Hunt's showrooms are peerless; just ask her peers. She points out that when *House & Garden* was still published in the United States and the magazine asked American interior designers to vote on the best showroom, hers won the award three times.

A main aspect of her strength, her showrooms give a glimpse of what it takes to predominate in the realm of high-end furniture and interior design for more than 30 years. Hunt unquestionably has a knack for spotting talent, having championed the designs of Los Angeles's Rose Tarlow and the French modernist Christian Liaigre, but talent-spotting alone would not have enabled her to scale the heights she has reached. Nor would simply offering and producing excellent high-end furniture have been sufficient to win the day. Stopping at that point is like painting a canvas and giving no thought to the frame,



TOP: KEN HAYDEN; BOTTOM: MARLENE ROUNDS

or how it might be displayed, or who will live with it day in and day out.

Taking a holistic approach is key, which is why Hunt's devotion to ensuring that a showroom is fundamentally right is vital to her success and her longevity. "The details of the interior of a space are just as important as the furniture that goes in it. Even if you don't look at the detail, you feel it," she says. "A showroom may be beautiful, but if it doesn't feel good, nobody wants to be there. I want to create a space that people love to be in."

No doubt she is aiming for precisely that result with the additional commercial and residential commissions she is now overseeing—projects that may cause many more to be enamored of her work.

ODD AS IT might seem, Hunt did not grow up expecting to create spaces that people love to be in. Raised in West Texas, the budding designer liked fashion (she sewed every now and again) and enjoyed feeding her curiosity about the world, two traits that would serve her well throughout her life. After graduating with a liberal arts degree from Texas Tech in 1965, she entered an executive training program at



"Natural light coming into a space is really important," Hunt says. "If you can get it, use it." She uses it to great effect in all of her showrooms, including Miami (top) and Dallas (above). Neutrals, especially grays, predominate. Her best-selling colors, she says, are whites and creams.

Foley's in Houston, which belonged to Federated Department Stores (today known as Macy's). She found the experience more enlightening than any traditional graduate school she could have attended. She likes to joke about earning her "MBF," or Master of Business, Federated. "I don't think those training programs exist in the same way today; you learned from the basement all the way to the top," she says. "If you really want to run a business, I think you need to know what goes on, and how it works. I chose to learn every single working part. It was invaluable to me in starting a business from scratch."

The path that led her to purchase R.J. Randolph in Chicago's Merchandise Mart in 1983 was neither straightforward nor preordained. "Everybody thinks I had a big hairy plan. I didn't have any of that," Hunt says. "I had three sons, ages four to eight. I knew I was getting a divorce. I needed a desk and a telephone. I needed a job." She debuted in Chicago because that was where her young family was based, and that was where a struggling showroom happened to be. She bought it not because she had a multimillion-dollar eponymous interior design empire in mind, but because "it

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—HOLLY HUNT



seemed to fit with what I knew how to do.”

About that multimillion-dollar empire: Hunt did not lend her name to her venture right away. In fact, she hesitated for roughly a year before formally committing to the moniker in 1984. “I think I was insecure about it,” she says. “It seemed self-aggrandizing.” She made the leap after others encouraged her to call it Holly Hunt. “It’s my maiden name,” she says. “It’s worked out really well.”

A Holly Hunt–branded line of furniture, lighting, rugs, textiles, and accessories was not part of any specific plan either. When she began running the Chicago showroom, she operated it in the manner of an art gallery, simply representing the designers’ pieces on display. That changed in the early 1990s, when she “decided it would be more fun if I made things.”

Two early pieces by Hunt, the D’Orsay cocktail table and the Paris chandelier, set the tone for her line for years (and are still available). Subsequent pieces in the series took general stylistic cues from that table and chandelier, both of which she deems transitional, neither explicitly traditional nor modern. Avoiding overt modernism was a respectful concession: She had agreed to produce Christian Liaigre’s work not long after launching her own line, and his pieces bore that look.

Having her own line in place proved immensely helpful when Liaigre departed from her company’s lineup in 2011. His leaving did not come as a bolt from the blue: She was aware of Liaigre’s interest in ending their agreement before it happened, she says. Some industry-watchers became doomsayers when the Liaigre news broke, but they were not seeing the whole picture. Hunt was now free to roam creatively and



Though they are showrooms first and foremost, Hunt’s environments (top, London; bottom, Los Angeles) are designed as spaces that people love to be in. It is easy to imagine adapting the layouts for one’s own home. The Ariel sconce (middle) by Stefan Gulassa, a Holly Hunt offering, is made of cast bronze and finished in medium bronze.



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unveil new, modern designs that were distinctly hers. “It took the lid off,” she says of his exit. “We built 100 prototypes and brought 70 of them to market.”

One marquee product from the post-Liaigre era is Hunt’s Shadow dining table, which gains its stunningly slender profile from the use of cut and polished aluminum. “I wanted to do something very thin, and you can’t do that with wood,” she says. “Metal gives it a different look. It’s more modern.” A piece of aeronautical-grade steel incorporated into the tabletop keeps its center from bowing. Another enduring brand favorite, the Siren dining side chair, debuted in the middle of the last decade. With 200 to 300 orders placed annually, it remains the line’s best-selling chair.

Far from destroying her brand, as some feared it might, Liaigre’s departure paved the way, Hunt says, for her company’s sale last year to the East Greenfield, Pa., design company Knoll, whose furniture lines include those of another leading female designer, the firm’s now-retired former head, Florence Knoll. The \$95 million deal allows Hunt to retain her six-person design team, her CEO title, and her Chicago headquarters, and she estimates that as much as 75 percent of the retail business consists of items for which she oversees and controls the manufacturing. “I would never

Special and unexpected products (clockwise from top left) have secured a devoted following for Holly Hunt: The Black Cat pendant, from her Studio Lighting Collection; the Paris chandelier; the D’Orsay cocktail table; Ecriture textiles designed by Christian Astuguevieille, from Hunt’s Great Outdoors series; the Odense chair; the Absinthe side table.



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ARX SOLUTIONS



Hunt also handles select commercial and residential projects. She suggested filling the penthouse (top) of the forthcoming L'Atelier in Miami Beach with sleek modern furniture. L'Atelier's showstopper of a lobby (above) will feature marble walls and floors, as well as constellation lights in the ceiling.

have been able to sell to Knoll if I didn't own the designs I was making," Hunt says. Of her parting with Liaigre, she reflects, "It worked out really well for me. I hope it worked out well for him."

DESPITE SUFFERING A twinge of remorse after selling her company—"I got over it," she says—Hunt seems happy with her choice: "They're not trying to change what we do," she says of Knoll. "They want us to do [it] better, and do more of it."

She remains busy at Holly Hunt, and she is also overseeing various projects, including the Little Nell resort in Aspen, Colo., and L'Atelier Miami Beach, a luxury residential development in the Florida city. Renderings of the Hunt-designed lobby at L'Atelier show a 16-foot-high space with marble floors, darker marble on the walls, and a constellation of lights on the ceiling. "It's important for the experience of entering the building to set the tone of the building," she says. "I wanted it to be kind of monumental, but I didn't want it to be overdressed."

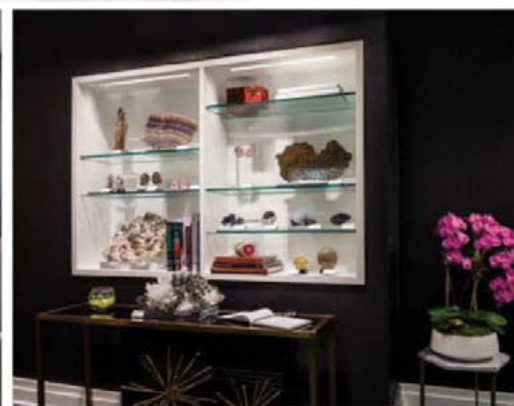
Work on the Little Nell, her first hospitality project, continues. Last year, she focused on the VIP suites; in 2016, she will refurbish rooms she originally did eight years ago; and beyond that,

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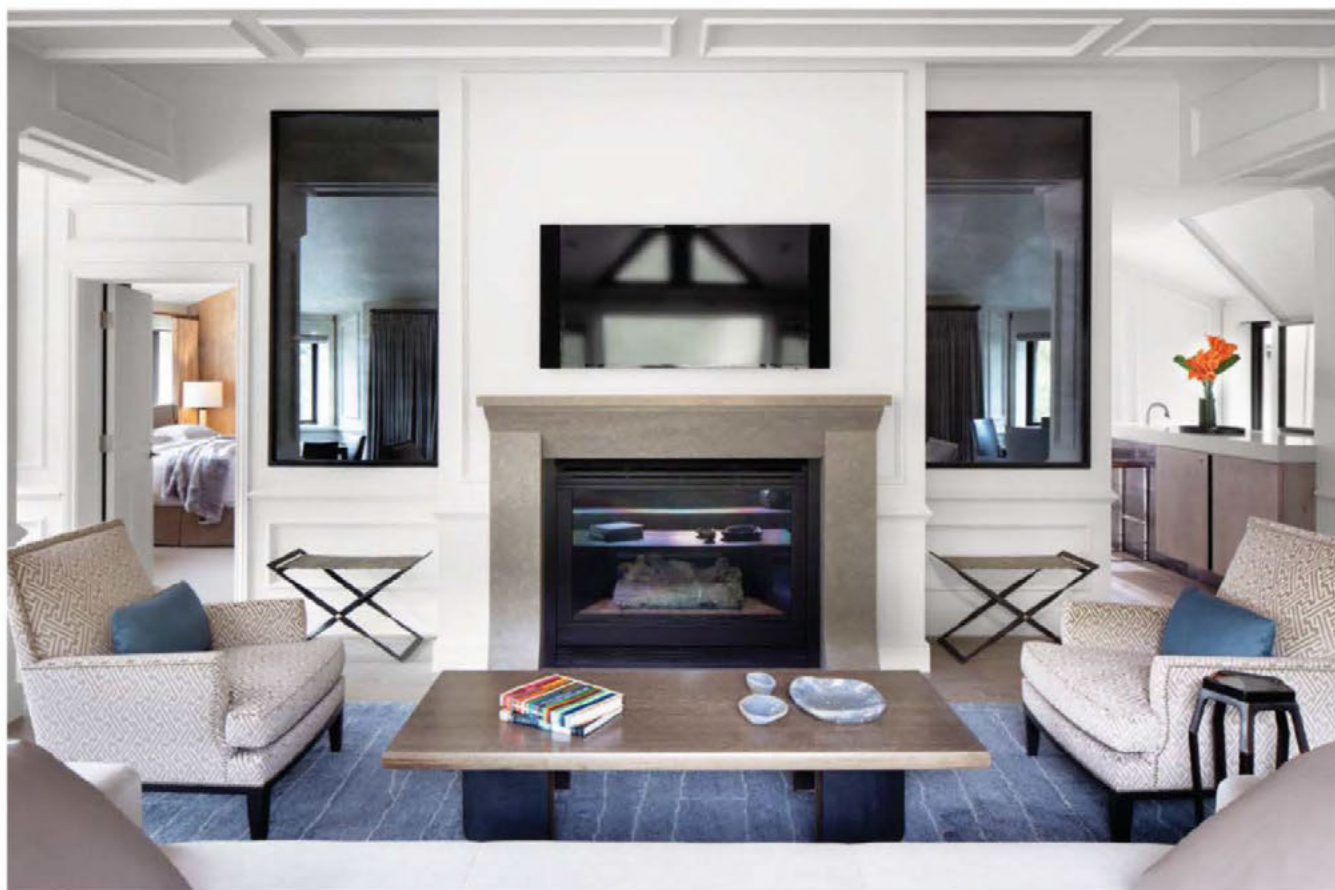


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Hunt's relationship with the Little Nell in Colorado, her first hospitality client, began almost a decade ago. Last year, she rejuvenated the property's six VIP suites.



she anticipates addressing the hotel's entrance. "I'm going to put more color in it, period," she says. "It will not be at maximum intensity. Faded is the best way to say it. I want blue, but I don't want it in your face." Wall coverings will appear as well. "They've come back strong in the last two or three years," she says. "I like them. They give texture to the room."

She is even finding time to take on select residential clients. Before she purchased her first showroom, she practiced on herself, as Hunt describes it, designing the interiors of the homes and offices she shared with her now ex-husband. She started accepting outside residential offers about six years ago, after adding an architect and a design director to her staff freed her to consider such things; even then, she says, "I'd only [take] them if they came highly recommended or are friends of mine." She

is handling three residential commissions now, and they share the same design fundamentals as her celebrated showrooms. "Like my showrooms are site-specific, [the homes] have to be site- and client-specific."

Hunt also unveils updates and additions to the Holly Hunt furniture and lighting series twice yearly. An outdoor furniture collection, which favors materials such as aluminum and stainless steel, will appear next year. She is getting away from teak in part because it seems almost everyone who offers outdoor furnishings uses it. "I don't want it to look like anybody else's," she says of the forthcoming collection.

That focus on uniqueness undoubtedly has contributed to her longevity. And much of her staying power, by her reckoning, stems from mastering the basics. "You've got to have the best quality, the best presentation, and the best designs, all

the way through. It's common sense, but not a lot of people do it," she says. She also keeps an eye on the spring and fall fashion collections to help her stay ahead of furniture trends, which she estimates turn over after five years or so. "Fashion is very experimental. People are willing to take risks and experiment with it. That's good. [But] it doesn't happen in furniture, in part because you want it to last longer."

Creating lasting designs, outlasting expectations—this is the Holly Hunt way. "Be curious, be a sponge, learn about everything—it all goes into what you're doing," she says. "Be interested in many, many things. It all feeds your talent later. You've got to read, you've got to know what's going on in your world. You've got to be interested in stuff and in people and why they do what they do." 

Holly Hunt, 800.320.3145, hollyhunt.com

Bobbie K. Carlyle

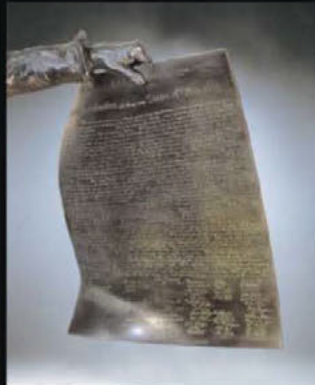
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Chargers taking speed for granted
as they fly across their terrain.

Pace the Wind

Pedestal Size to Monumental Bronze



Thomas Jefferson 24" h. and life size

His passion was the Declaration of Independence and
fought to keep it intact in its original words and intent.



Self Made Woman Small and life size, 7' 8"

She creates her life with the determination of the skilled carver,
polishing here of successes, forgiving there of life's
mistakes as she emerges, breaking through to reveal her Self.



Man carving his character,
carving his future.

Self Made Man

Small to Monumental Bronze

BobbieCarlyleSculpture.com

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1233 North County Rd. 29 • Loveland, CO 80537

CORAL GABLES, FLORIDA | \$67,000,000



Escape to paradise on this private 3.6 acre corner lot with exquisite bay, ocean and city views.

Represented by: Jill Hertzberg & Jill Eber
T. 305.788.5455 | 305.915.2556 | thejills.com
Coldwell Banker Residential Brokerage

BEVERLY HILLS, CALIFORNIA | \$55,000,000



7 bed, 11 bath, apx. 14,250 sf. Behind the Beverly Hills Hotel. OxfordWayEstate.com.

Represented by: Ginger Glass
T. 310.927.9307 | ginger@gingerglass.com
Coldwell Banker Residential Brokerage

MIAMI BEACH, FLORIDA | \$37,000,000



Magnificent modern waterfront masterpiece, 30,740 sqft. lot with wide bay and direct Downtown Miami skyline views.

Represented by: Jill Hertzberg & Jill Eber
T. 305.788.5455 | 305.915.2556 | thejills.com
Coldwell Banker Residential Brokerage

WESTON, MASSACHUSETTS | \$14,900,000



Restored with architecture of the 1920s, features 9 bedrooms, 6 baths, 9 fireplaces, wine cellar & pool.

Represented by: Priscilla Hindmarsh & Deena Powell
Sales Associates
P. 781.910.2667 | D. 781.718.6555
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BEVERLY HILLS, CALIFORNIA | \$10,250,000



7 bed, 10 bath, apx. 9,814 sf. sensational Mulholland Estates designer perfect home. 3316Clerendon.com.

Represented by: Ginger Glass
T. 310.927.9307 | ginger@gingerglass.com
Coldwell Banker Residential Brokerage

RYE, NEW YORK | \$11,900,000



Historic Estate c. 1850, with views of LI Sound/Kirby Mill Pond, heated pool, lush lawn and gardens.

Represented by: Sula Pearlman & Nancy Neuman
Associate Real Estate Brokers
C. 914.393.4104 | O. 914.967.0059
Coldwell Banker Residential Brokerage

MALIBU, CALIFORNIA | \$4,188,000



Superb blend of understated elegance & impeccable craftsmanship. European Villa & GH on 1.6 acres.

Represented by: Kathy Ellis
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BELLAIR, FLORIDA | \$2,495,000



Exquisite Belleair home, built in 2000, with panoramic open water views of Clearwater Harbor.

Represented by: Martha Thorn
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CARDIFF, CALIFORNIA | \$1,998,000



Beautiful west facing home with captivating views of sea and sky, on private 1/4 ac lot with 5 bd, 3 ba, 3531 sf.

Represented by: Geller-Meier Team
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Coldwell Banker - Del Mar

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BEVERLY HILLS, CALIFORNIA | \$23,800,000



6 bed, 10 bath, apx. 10,519 sf. new construction contemporary with city and ocean views. 9945BeverlyGrove.com.

Represented by: Ginger Glass
T. 310.927.9307 | ginger@gingerglass.com
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PEBBLE BEACH, CALIFORNIA | \$23,000,000



With no detail spared, owning this iconic estate is like owning a piece of history at its best.

Represented by: Kim DiBenedetto
T. 831.601.9559 | kim.dibenedetto@cbtnorcal.com
Coldwell Banker Residential Brokerage

OYSTER BAY COVE, NEW YORK | \$14,900,000



Magnificent waterfront compound on 5 acres with floor to ceiling windows, dock, boathouse, pool, tennis & guesthouse.

Represented by: Susan Campagna
Real Estate Salesperson
C. 516.316.4592 | O. 516.621.4336
Coldwell Banker Residential Brokerage

RYE, NEW YORK | \$9,950,000



Superb waterfront overlooking the LI Sound with chef's kitchen, terraces, infinity pool & guest home.

Represented by: Sula Pearlman & Nancy Neuman
Associate Real Estate Brokers
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WOODLAND HILLS, CALIFORNIA | \$3,995,000



Westchester County Estate - 12,421 square feet of majestic space, situated on over an acre. 20624Chatsboro.com

Represented by: Steven Heravi
Real Estate Sales Person
C. 818.970.2720 | O. 818.325.8281
Coldwell Banker Residential Brokerage

WESTPORT, CONNECTICUT | \$5,965,000



Timeless European Manor on private cul-de-sac with state-of-the-art kitchen, theatre, pool & sports field.

Represented by: Karen Scott, KMS Partners
Sales Associate
C. 203.613.9200
Coldwell Banker Residential Brokerage

ESCONDIDO, CALIFORNIA | \$1,980,000-\$2,100,000



Top-of-The-World Panoramic view 5 bedroom, 5 bath home on 3 1/3 acres. Private gated entry.

Represented by: George Cooke
T. 858.674.1222 | George@GeorgeCooke.com
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LONGMONT, COLORADO | \$1,850,000



Breathtaking custom home on 20 acres with beautiful views, a 7-stall heated barn and so much more!

Represented by: Cheryl Melichar
T. 303.817.6163 | cheryl.melichar@coloradohomes.com
Coldwell Banker Residential Brokerage

TAMPA BAY, FLORIDA | \$1,500,000



Elegant Craftsman. 5 bedrooms, 4.5 baths, gym, study, bonus room, summer kitchen & pool/spa.

Represented by: Jason & Dyan Pithers
T. 877.601.8732 | jnd@tamparealestateconsultants.com
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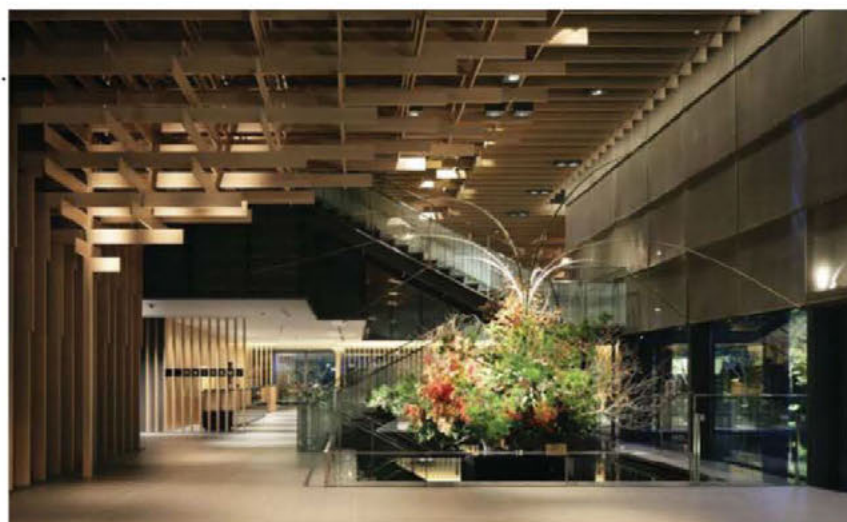
Tokyo

Asia's capital of style is a portal to the future—and the past.

❖ **The world's largest metropolis** is a futuristic maze where bullet trains travel at dizzying speeds and neon lights seem to burst from every corner and back alley. But beneath Tokyo's ultramodern facade is a delightfully steadfast adherence to tradition in which centuries-old trades and long-standing customs are applied to everything from floral arrangements to fashion. The result is a dynamic local scene that marries the greatest minds with the most skilled artisans—and sets the tone for the design world at large. [JACKIE CARADONIO]

Capitol Hotel Tokyu

The architect Kengo Kuma—one of Japan's great design stars—breathed new life into this landmark hotel in Chiyoda when he collaborated on its ground-up redesign in 2010. Shoji screens, calligraphy prints, and blond wood furniture lend traditional *ryokan*-style elements to the 251 contemporary guest rooms, while the light-filled lobby is a modern aerie surrounded by sleek glass walls and reflecting pools. +81.3.3503.0109, capitolhoteltokyu.com



CITY STYLE

Reality Lab. Issey Miyake

The multifaceted fashion designer Issey Miyake is acclaimed as much for his simple, contemporary pieces as for his architecturally significant boutiques. At this Minato-district shop designed by the Japanese artist Tokujin Yoshioka, the label takes its free-form style to new heights, displaying technology-inspired apparel and accessories in a pair of vibrant-green and electric-blue showrooms separated by concrete columns and glass balustrades. +81.3.5772.7750, isseymiyake.com



NENDO

This prolific studio led by the Japanese designer Oki Sato blends utility and elegance in everything from chopsticks to chairs. The Tokyo-based company's diverse oeuvre includes such pieces as the pictured Eigrub lamp—designed for Kartell as an homage to Ferruccio Laviani's famed Bourgie lamp—and Fold, a shelving unit made of interlocking wooden boards oriented at different angles. +81.3.6661.3750, nendo.jp

21_21 Design Sight

Conceived by Issey Miyake and designed by the architect Tadao Ando, this experimental museum in the Roppongi district is equal parts architectural marvel and cultural institution. From the outside, the structure appears ready to take wing, its two striking triangular concrete splints reaching toward the sky; in the belowground galleries, rotating exhibitions explore the intersecting themes of design and technology. +81.3.3475.2121, 2121designsight.jp

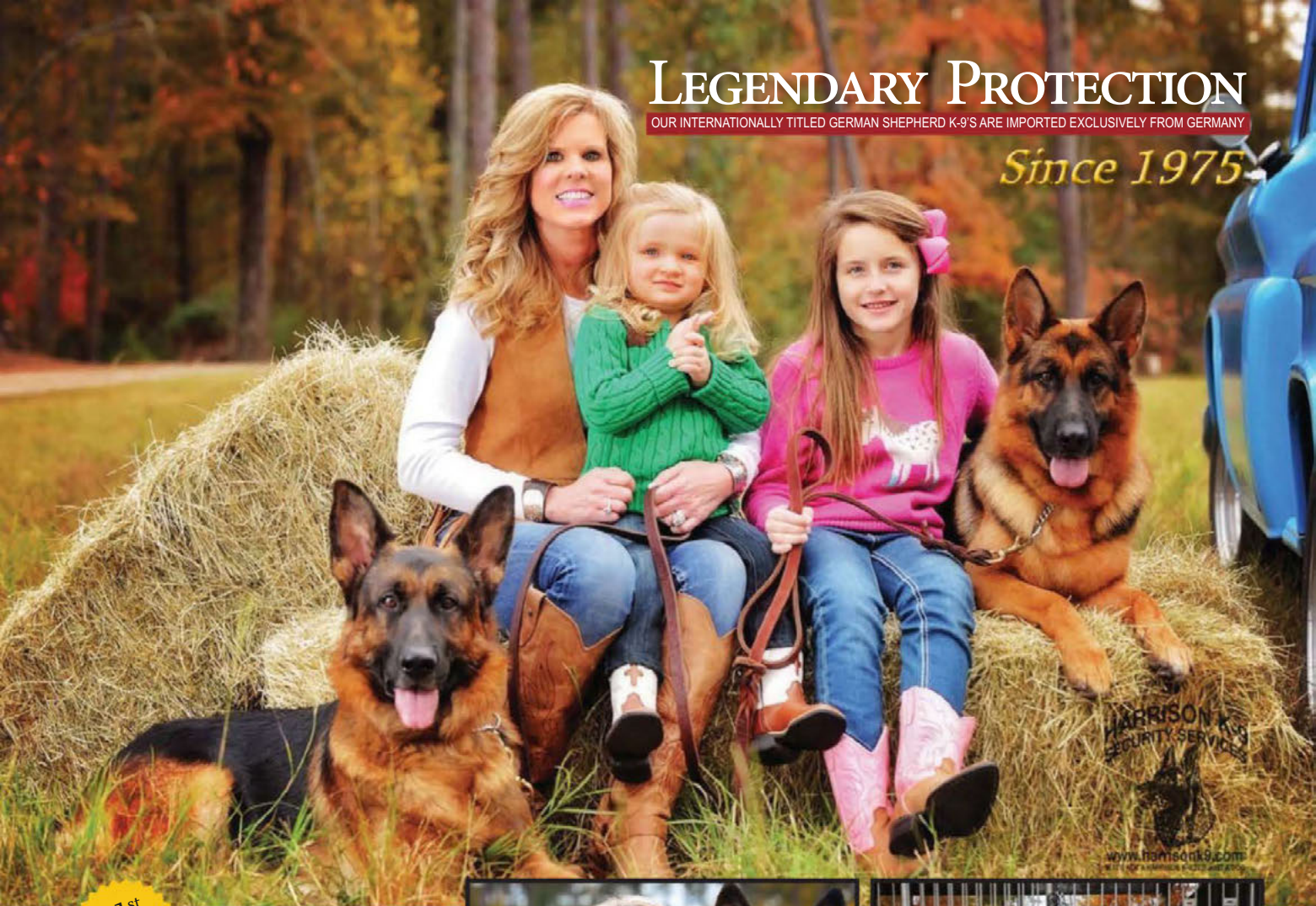


BOTTOM: MASAYA YOSHIMURA

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CITY STYLE

MAISON KOICHIRO KIMURA

Designer Koichiro Kimura's two-story gallery in upscale Aoyama is a work of art in its own right, painted in vibrant hot pink and covered with thousands of white lacquered pyramids. The artist—a lacquerware master whose family has been in the trade for more than 400 years—creates everything, from teacups and USB sticks to chairs and tables, using traditional techniques and modern technology.

+81.3.6427.4877, love-international.jp



Jugetsudo Kabukiza

Some 3,000 bamboo shoots hang from the ceiling of this Kengo Kuma-designed teahouse and café, which opened in 2013 on the fifth floor of the Ginza Kabukiza theater complex. A shining example of the Japanese architect's trademark modern-meets-traditional style, the 1,290-square-foot space features clean lines and natural materials, with a roof garden on view through floor-to-ceiling windows. +81.3.3545.6800, kabuki-bito.jp



TAKUMI OTA



Palace Hotel Tokyo

Located a stone's throw from the Imperial Palace Gardens, this 290-room hotel is home to one of the city's most comprehensive collections of contemporary Japanese artworks; its more than 700 pieces include a magnificent crystallized panel by Shinji Ohmaki in the lobby. A partnership with the experts at Blouin Artinfo offers guests further immersion into Tokyo's thriving cultural scene with tailored art, architecture, and design tours. +81.3.3211.5211, palacehoteltokyo.com



OLD IMPERIAL BAR

It appears as if nothing has changed at the Imperial Hotel's den-like bar since the architect Frank Lloyd Wright first designed the property in the 1920s. In fact, the setting is a replica, built during the 1970s after Wright's original iteration was razed. Still, visitors today can imbibe within the same Oya stone and terra-cotta walls that adorned Wright's iconic version. The Mount Fuji—a cocktail composed of dry gin, lemon and pineapple juices, and egg white—has been on the menu since 1924. +81.3.3504.1111, imperialhotel.co.jp



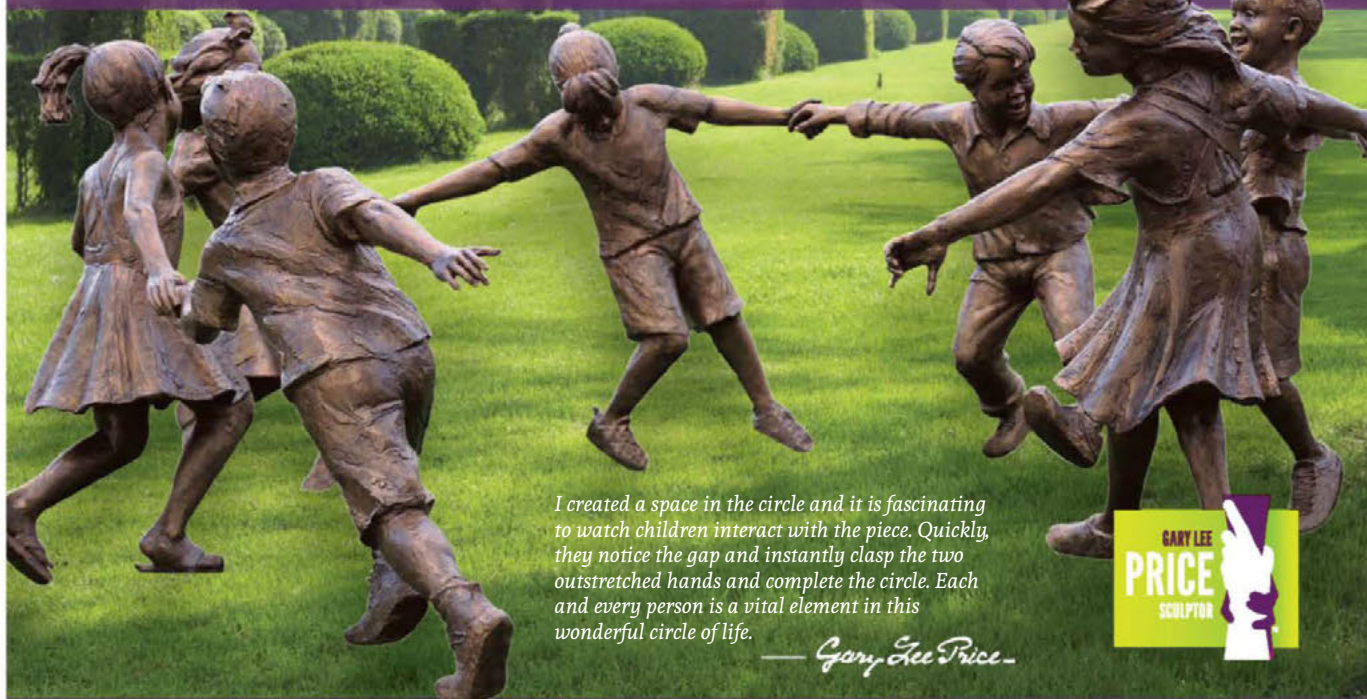
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Circle of Peace

Bronze sculpture of children holding hands in a circle

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GaryLeePrice.com



I created a space in the circle and it is fascinating to watch children interact with the piece. Quickly, they notice the gap and instantly clasp the two outstretched hands and complete the circle. Each and every person is a vital element in this wonderful circle of life.

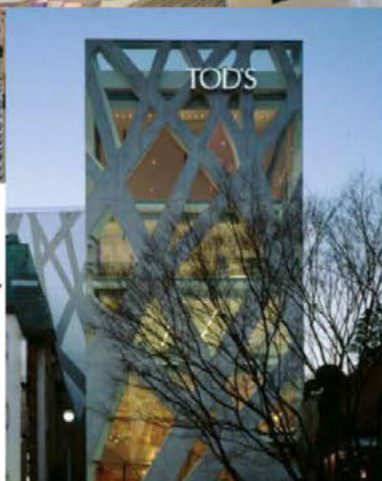
— Gary Lee Price —



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FROM TOP: Dior Omotesando,
Tod's Omotesando, Miu Miu
Aoyama, and Prada Aoyama.

TOP: TAKUMI OTA, BOTTOM: JOHN LOCKE



Shop Shape

❖ **NOWHERE ARE FASHION** and architecture more intrinsically linked than on the streets of Tokyo, where haute couture is commonly found within the city's most impressive architecture. Here, we visit the top collaborations in town.

MAISON HERMÈS Hermès's Renzo Piano–designed Tokyo headquarters launched a revolution when it debuted in 2001. Wrapped in more than 13,000 textured glass bricks, the slender tower is a glowing landmark in the heart of glitzy Ginza. +81.3.3289.6811, hermes.com

PRADA AOYAMA Prada tapped the Swiss firm Herzog & de Meuron to create this crystalline structure, which opened in 2003 in the upscale Aoyama neighborhood. On the outside, diamond-shaped bubbles create the illusion of an oscillating facade; inside, the Italian label's fashions are displayed on stark-white silicon-and-fiberglass shelves for an equally futuristic aesthetic. +81.3.6418.0400, prada.com

MIU MIU AOYAMA Another Herzog & de Meuron creation, Miu Miu's newest outpost hides beneath a razor-sharp metal canopy. The interiors present a warm contrast to the slick exterior, with textured copper walls and brocade furnishings in lime green. +81.3.6434.8591, miumiu.com

OMOTESANDO HILLS This concrete labyrinth housing some 130 shops, including Harry Winston and Bottega Veneta, is Tadao Ando's answer to the big-box shopping mall. Gently sloping catwalks mimic the natural incline of Omotesando Avenue outside, while glass balustrades and tile mosaics contribute to the tranquil setting within. +81.3.3497.0310, omotesandohills.com

DIOR OMOTESANDO Designed by the Japanese firm SANAA in 2004 and renovated by the U.S. architect Peter Marino last year, Dior's establishment on Omotesando Avenue appears as a shiny stack of layered acrylic and glass. The redesigned interiors, meanwhile, are a contemporized spin on Dior's worldwide flagship on the avenue Montaigne in Paris, featuring textured walls, reflective plinths, and pale parquet floors. +81.3.6419.2055, dior.com

TOD'S OMOTESANDO Covered in a crisscrossing concrete-and-glass pattern that evokes silhouettes of the zelkova trees lining Omotesando Avenue, Tod's Tokyo branch by the Japanese architect Toyo Ito is a harmonious blend of industry and elegance. Inside, materials such as wood, stone, and leather create a natural backdrop for the Italian label's shoes and accessories. +81.3.6419.2055, tods.com [J.C.] **PHOTO**



One in a million.



© U. Roberto Romano

Like thousands of girls in Afghanistan, six-year-old Sharafat seemed destined to weave alongside her mother, never stepping inside a classroom.

Then in 2012, GoodWeave opened a preschool in her village, known as the "Burgh of the Weavers." Two years later, she is a happy second grader with a fondness for poetry.

Meanwhile, her mother has earned more income because she no longer has to choose between weaving or caring for her girls.



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ON THE MARKET



Vail Luxury Ranch Opportunity

Mountain Retreat Near Skiing

THE HISTORY OF VAIL is fairly recent. Trappers arrived in the valley first, followed by ranchers and lettuce farmers. In the 1960s, skiers arrived and built what is now the premier ski resort in North America. There is not often a chance to combine history with the current resort atmosphere. 3524 East Lake Creek is one of those rare opportunities.

Located just 15 minutes from skiing, this 40-acre ranch was once part of the Gorsuch Family Ranch. As Olympic ski racers, Renie and David Gorsuch fell in love, married, and settled in the Vail area where they eventually opened Gorsuch Ltd., a store anchoring Bridge Street in Vail Village since the '60s. They built a home on this property in 1969 and raised their family with the beautiful vistas of the nearby mountains.

In 2006, the current owner purchased the ranch and built a new residence. A touch of Santa Fe blends with traditional Colorado style to create a comfortable yet

exquisite ambiance. Custom finishes and a thoughtful floor plan contribute to a truly turn-key residence.

Lake Creek itself runs directly through the property. Fly-fishing beckons. The barn sits on the east side of the creek, with stables, a corral, and a caretaker's apartment. The driveway crosses a bridge spanning the creek and passes pastures and a pond near the residence. Horses greet your arrival, but otherwise there is only serenity, quiet, and privacy.

Ranches and ski-area properties are abundant. However, it is rare to find a gem such as this, with broad views of 13,000-foot peaks, quality water rights and fly-fishing, and a location close to world-class ski resorts. Don't miss this unique opportunity!

For more information contact Steve Michonski with *Berkshire Hathaway HomeServices*, (970) 331-4539, stevem@vail.net; or visit www.vailbchomes.com.



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HomeServices

Colorado Properties



Arrowhead | 14 Cabin Creek Lane | \$4,995,000

6 Bedroom | 5 Full/2 Half Bath | 5,035 sq. ft.
Craig Denton, 970-376-0087 | Kyle Denton, 970-393-2154



Beaver Creek | 276 Borders Road | \$5,795,000

7 Bedroom | 6 Full/2 Half Bath | 6,795 sq. ft.
Jacquelyn Northrop, 970-390-2315 | Page Slevin, 970-390-7443



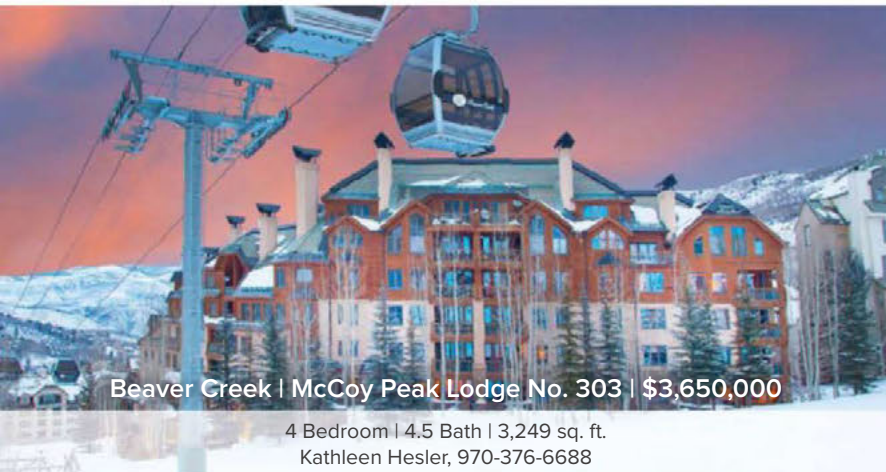
125 Mountain Retreat Court | \$3,498,000

7 Bedroom | 8 Bath | 4,819 sq. ft.
Page Slevin, 970-390-7443



Singletree | 141 Mesquite Drive | \$2,995,000

6 Bedroom | 8 Bath | 6,890 sq. ft.
Alida Zwaan 970-471-0291 | Scott Bandoni, 970-390-9400



Beaver Creek | McCoy Peak Lodge No. 303 | \$3,650,000

4 Bedroom | 4.5 Bath | 3,249 sq. ft.
Kathleen Hesler, 970-376-6688



Bachelor Gulch | 3219 Daybreak Ridge | \$9,993,000

7 Bedroom | 7 Full/2 Half Bath | 9,993 sq. sq. ft.
Mark Weinreich, 970-376-3204

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Pacific Palisades, CA 90272
\$3,895,000

Custom 4 bedroom, 4 baths with gorgeous ocean and canyon views. Featuring an inviting open floor plan with all public rooms flowing to a terrace.

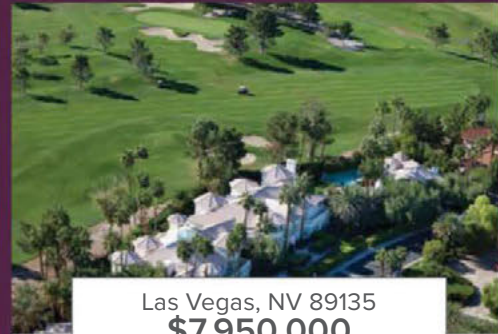
Berkshire Hathaway HomeServices California Properties
Jody Fine | 310.230.3770 | www.1050Chautauqua.com



Rehoboth Beach, DE 19971
\$1,995,000

4 bedrooms, 5 baths, including 3 master suites, on 200 ft of private beach. Second floor deck, lighted dock and guest cottage. Ideal for entertaining.

Berkshire Hathaway HomeServices Gallo Realty
Lee Ann Wilkinson | 302.645.6664 | LeeAnnGroup.com



Las Vegas, NV 89135
\$7,950,000

True custom estate on over 1-acre golf course frontage with spectacular views of the mountains. 20,000+ sq ft, 12 bedrooms, guest house. Magnificent!

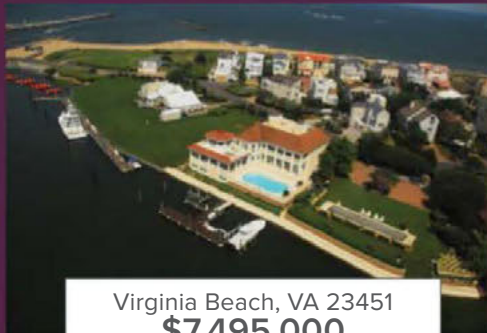
Berkshire Hathaway HomeServices Nevada Properties
Heidi Kasama | 702.308.7208 | www.heidikasama.com



Virginia Beach, VA 23451
\$4,350,000

Exceptional 31-acre estate overlooking the Chesapeake Bay. Meticulously renovated 6,200 sq-ft farm house, 16-stall horse stable, indoor riding arena and tennis court.

Berkshire Hathaway HomeServices Towne Realty
Susan Pender | 757.286.3832 | www.susanpender.com



Virginia Beach, VA 23451
\$7,495,000

Rudee Inlet. Premier waterfront estate. Over 10,000 sq ft of luxurious living area and 5,500 sq ft of terraced water frontage. Will accommodate a 100' boat.

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Taos, NM 87571
\$1,100,000

The perfect "Dome"-i-cile. The ultimate in green technology. 3,800 sq-ft home on 6 acres with river. Elegant, fun, and virtually indestructible.

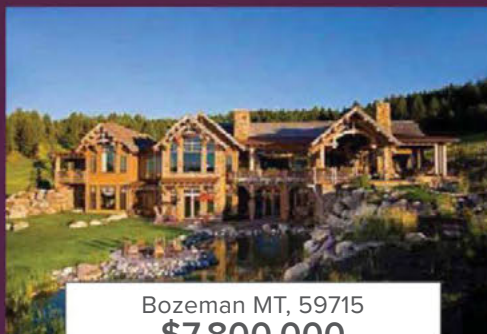
Berkshire Hathaway HomeServices Taos Real Estate
Diane Enright | 575.758.5478 | www.taoshomes.com



Anchorage, KY 40223
\$935,000

Dream home in an award-winning school district. Gorgeous 6 bedroom, 5 full and 2 half baths, 5,828 sq-ft, first-floor master suite, 1,035 sq-ft finished basement. 1.6 acres.

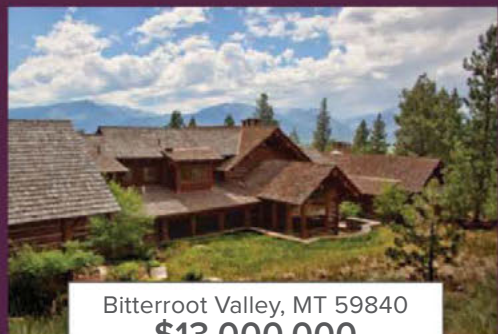
Berkshire Hathaway HomeServices Parks & Weisberg, Realtors®
Melanie Galloway | 502.291.9210 | mgalloway@bhhsparksweisberg.com



Bozeman MT, 59715
\$7,800,000

40± acres, 11,000± sq-ft Locati-designed home. 5 fireplaces, wine room, home theater, custom bar, large dining area, guest residences, pond and shop.

Berkshire Hathaway HomeServices Montana Properties
Don Pilotte | 406.580.0155 | www.ranchmt.com



Bitterroot Valley, MT 59840
\$13,000,000

Architectural masterpiece featuring 8,600 sq-ft log home conveyed turnkey on 116 acres with water, 2 guest homes, barn and privacy.

Berkshire Hathaway HomeServices Montana Properties
Cindi Hayne | 406.240.6497 | www.TheTunkenMontana.com



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Hidden Hills, CA 91302
\$15,995,000

French Country Estate. 6 bedrooms, 10 baths, European-style gourmet kitchen, media room, library, wine cellar, gym. Pool, spa.

Berkshire Hathaway HomeServices California Properties
Marc & Rory Shevin | 818.251.2476 | www.theshevin.com



Calabasas, CA 91302
\$9,995,000

The Estates of The Oaks. 6 bedrooms, 8 baths, pastoral views. Chef's kitchen, theater. Pool, spa, tennis court, guest house.

Berkshire Hathaway HomeServices California Properties
Marc & Rory Shevin | 818.251.2456 | www.theshevin.com



Hidden Hills, CA 91302
\$8,500,000

Sweeping views. 7 bedrooms, 9 baths, theater, study, game and bonus rooms, gym, guest suite. Pool, spa, lawns, sport court.

Berkshire Hathaway HomeServices California Properties
Marc & Rory Shevin | 818.251.2456 | www.theshevin.com



Calabasas, CA 91302
\$8,495,000

6 bedrooms, 9 baths, panoramic views. Chef's kitchen, theater, game and bonus rooms, office, gym, wine cellar. Pool, spa, waterfalls.

Berkshire Hathaway HomeServices California Properties
Marc & Rory Shevin | 818.251.2456 | www.theshevin.com



Hidden Hills, CA 91302
\$7,900,000

Beautiful Estate. 6 bedrooms, 10 baths, cook's kitchen, study, wine cellar, theater. 6 Fireplaces, limestone/wood floors. Pool, spa.

Berkshire Hathaway HomeServices California Properties
Marc & Rory Shevin | 818.251.2476 | www.theshevin.com



Hidden Hills, CA 91302
\$7,695,000

Beautiful Traditional Estate. 6 bedrooms, 8 baths, chef's kitchen, theater, office, gym. Master with retreat. Pool, spa, 4-car garage.

Berkshire Hathaway HomeServices California Properties
Marc & Rory Shevin | 818.251.2456 | www.theshevin.com



Calabasas, CA 91302
\$6,995,000

Gorgeous custom. 7 bedrooms, 9 baths, new kitchen, game and bonus rooms. Tennis court, pool, spa, vineyard, views.

Berkshire Hathaway HomeServices California Properties
Marc & Rory Shevin | 818.251.2456 | www.theshevin.com



Calabasas, CA 91302
\$4,500,000

Privately gated estate, stunning panoramic views. 6 bedrooms, 9 baths, game and bonus rooms, office. Pool, spa, lawns.

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Calabasas, CA 91302
\$2,850,000

Guard gated Mont Calabasas. 6 Bedrooms, 6 1/2 baths, pastoral views. Granite kitchen, bonus room, office. Pool, spa.

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MADEIRA BEACH, FL

This totally remodeled 6,500 sf waterfront estate includes 200' of seawall, deep water mooring to open bays and Gulf of Mexico. This 6 BR, 6½ bath, 4,255 sf estate includes all the finest features and amenities. **\$1,790,000.** MReichenbach@ccim.net

CENTURY 21 Beggins Enterprises

+1 727.641.5918 | c21beggins.com/mr



FORT LAUDERDALE, FL

Third house from beach. Ocean views from the second story. Lovely newer custom built, 4 BR, 4 bath home. Spectacular kitchen, massive master suite. Private back yard, heated pool and spa. Perfect for entertaining. **\$1,599,000.** tom@tomwolfrealtor.com

CENTURY 21 Hansen

+1 954.709.2565 | TOMWOLFREALTOR.COM



COEUR D'ALENE LAKE, ID

Stellar views of Coeur d'Alene Lake from this 5 BR, 3 bath, 4363 sf daylight rancher. Huge kitchen, fireplace and lavish master suite! Includes 30' deeded boatslip, access to airstrip and much more! **\$550,000.** Wade Jacklin. wjacklin@gmail.com

CENTURY 21 Beutler & Associates

+1 208.755.5075 | wadejacklin.com



WESTON, MA

One of Weston's earliest large, late 19th century mansions, the former "Albert Horatio Hew's" estate is available for purchase. Offering 12+ rooms and 5,000+ sf of living area. This fabulous home is a Victorian lover's dream come true. **\$1,699,900.**

CENTURY 21 Shawmut Properties

+1 781.894.4800 | c21shawmut.com



VILAS, NC

Custom mountain home 6,000+ sf in Valle Crucis, NC. Big views of Grandfather Mountain. 6BR, 4½ bath. Gourmet kitchen, imported granite, top of line stainless appliances. Infinity tubs in 2 master suites. 2 stone fireplaces. Stone terrace. **\$2,550,000.** Ron Kent.

CENTURY 21 Elliott Properties

+1 561.271.6853 | Highcountrymountainhomes.com



GOLD BEACH, OR

A Pacific sentinel of massive logs, stone and walls of glass. 28+ private oceanfront acres, trails, meadows and pond. Access to miles of beach, conservatory, helipad, and caretaker quarters. **\$10,995,000.** Karl Nettgen. Karl.Nettgen@Gmail.com

CENTURY 21 Agate Realty

+1 541.698.8171 | 35400hwy101.c21.com

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ORIENT, NY

Clear your senses at "Clear Day Cottage!" This masterfully designed residence boasts 114' of private beachfront, with lush perennial gardens, family room, with barrel vaulted ceiling and two stories. **\$2,850,000.** Cindy Schmidt.

CENTURY 21 Albertson Realty
 +1 631.477.2730 | albertsonrealty.com



PECONIC, NY

The Harvest Inn B&B offering includes the purpose built inn, the Harvest Inn book of business and event clientele. Located in the heart of the North Fork wine trail, with vineyard views. Rarely found zoning and newly built inn. **\$1,995,000.** Gerald "Jerry" Cibulski.

CENTURY 21 Albertson Realty
 +1 631.616.3303 | albertsonrealty.com



HERSHEY, PA

"Rosepoint" Mansion was built in 1904 by Milton Hershey, for his lawyer. Exquisite stone home and carriage house on 2+ acres. **\$2,500,000.** Al Hartman. al@pahomesandfarms.com

CENTURY 21 Core Partners
 +1 717.968.4811 | PAHOMESANDFARMS.COM



PORTSMOUTH, RI

Exceptional New England style home within a short distance to beach access! 1st floor master suite! 3½ bath. Dual staircases lead to 3 BR and office! Mahogany doors and custom details! Come look! **\$1,425,000.** Ryan M. Fonseca.

CENTURY 21 Topsail Realty
 +1 401.489.0065 | century21.com



COLLEYVILLE, TX

An architectural masterpiece, with gardens, courtyards, a modern day castle. The main house is over 13,000 sf, with 5 BR, 6 living rooms. The guest cottage is over 2,200 sf, with 2 BR, 2 baths, kitchen, living room and dining room. **\$8,775,000.** Veronica Baughman.

CENTURY 21 Mike Bowman Inc.
 +1 817.707.6844 | century21.com



CHEHALIS, WA

A majestic property, meticulous design and high end options at every corner! 9+ acres, with 5,000 sf on one floor. Private setting, with serene Boistfort Valley view. Be in awe of pool, insulated shop, greenhouse and more. **\$1,100,000.** Stan Giske.

CENTURY 21 Lund Realtors
 +1 360.269.1991 | stangiske.com/683476

A CANADIAN BEST SELLER SINCE 1913



\$2,198,000

**1306 Smethurst Rd
Naramata, BC
#10097315**

6 6 3,821
BR BA SQ FT

Steve Wright
Royal LePage Kelowna
www.SteveWrightRealEstate.com

Once-in-a-lifetime opportunity to own TripAdvisor's #1 rated B&B in Canada. A bespoke private oasis with stunning vineyard, lake and mountain views located in the world-famous Naramata Bench wine region. Contact: 250-878-8382.



\$5,980,000

**1710 Bayshore Dr, PH2
Vancouver, BC
#V1097808**

4 4 4,246
BR BA SQ FT

Evelyn Froese
www.evelynfroese.com

Set like a jewel at Stanley Park's edge, this stunning custom designed waterfront penthouse residence offers Vancouver's most coveted address with unsurpassed views. Contact: 604-818-0862.



\$6,500,000

**500 Wellington St W,
Ste 701, Toronto, ON
#C3153950**

3+1 4 5,065
BR BA SQ FT

Jonathan Ferrier
Royal LePage Real Estate
Services Ltd., myArea.ca

Exceeding all expectations! Uniquely exquisite full-floor luxury smart condominium, private aquarium-style infinity pool, Crestron automation, theatre, wine cellar, outdoor kitchen, 1,400 sq. ft. terraces. Contact: 416-567-0907.



\$1,999,000

**57 Greenwood Forest
Oro-Medonte, ON
#1500870**

5 3+2 5,500
BR BA SQ FT

R. Sharon Smith
Royal LePage First Contact Realty
Brokerage, www.barriehomes.ca

Quality custom finishes throughout this gorgeous waterfront timber frame bungalow with full walk-out lower level – Great room w/cultured stone f.p., cathedral clg & walk-out covered deck overlooking Kempenfelt Bay! Contact: 800-367-2037.



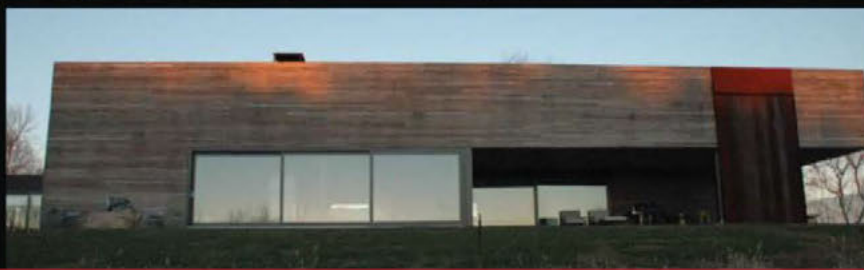
\$3,198,000

**215 Eagle Ridge Dr SW
Calgary, AB
#C3655973**

5 7 4,408
BR BA SQ FT

Heather Waddell
Royal LePage Foothills
www.heatherwaddell.com

Fabulous, contemporary, executive custom home — builder's own home with extensive upgrades — imported stone, floor-to-ceiling windows, south lot with walk-out basement. Contact: 403-249-4322.



\$3,500,000

**5211 Tenth Line
Erin, ON
#X3121213**

5 5.5 9,000
BR BA SQ FT

Paul Richardson
Royal LePage Meadowtowne Realty
www.RichardsonTownandCountry.ca

Contemporary country on 93 private acres close to Toronto. Modern lifestyle with a country flare. Contact: 866-865-8262.

A CANADIAN BEST SELLER SINCE 1913



\$4,500,000

10 Glorious Song Ln

Aurora, ON

#N3118046

4+1 8 5,000+
BR BA SQ FT

Anthony Fata

Royal LePage Your Community Rlty
Anthonyfata.com

Luxurious custom-built featuring the finest quality craftsmanship throughout in a gated community on 1.25 acres and wrapped by Magna Golf Course. Stunning décor. 5-car garage. In-ground pool with cabana and sports court. Contact: 416-410-8040.



\$2,500,000

111 Clearwater Court

Blue Mountains, ON

#20141714

5 3+2 6,984
BR BA SQ FT

**Andres Paara
& Karen Willison**

Royal LePage Locations North

Private, luxurious home overlooking Georgian Bay Golf Club with Georgian Bay views. Chef's kitchen; main-floor master suite; artificial turf putting practice. Contact: 877-445-5520.



\$1,730,000

64129 198 Ave West

Calgary, AB

#C4003224

5 4 3,767
BR BA SQ FT

Brian Chornawka

Royal LePage Foothills
www.calgarytownandcountry.com

8.38 acres of treed seclusion nestled high on the ridge, overlooking prestigious Spruce Meadows Equestrian Show Centre and all of Calgary! Contact: 403-813-9911.



\$1,288,888

341 Rapid Rd

Westmeath, ON

#946548

6 4 6,500
BR BA SQ FT

Andy Sparks

Royal LePage Gale Real Estate
www.341Rapid.com

Exceptional Ottawa riverfront property in the Whitewater Region. Luxury home on 8.8 acres with 453 feet of water frontage, sand beach, and boat launch. Contact: 613-270-8200.



\$1,180,000

85 Mt Alberta View SE

Calgary, AB

#C3650426

5 3.5 2,661
BR BA SQ FT

Ray Riley

Royal LePage Foothills
www.rayriley.com

Ridge home backing onto Fish Creek Park with mountains, river and city skyline views. Bright open concept, vaulted ceilings, arches, hardwood, skylights, gourmet kitchen. Double attached garage. Contact: 403-270-7601.



\$3,900,000

1405 Premier Way SW

Calgary, AB

#C4001287

4 5.5 4,285
BR BA SQ FT

Ray Riley

Royal LePage Foothills
www.rayriley.com

In the heart of Mount Royal, minutes to downtown. Exceptionally high-quality finishing and details. Chef's kitchen, luxurious master suite. Estate-sized lot, in-slab heating in garage including driveway. Contact: 403-270-7601.

A CANADIAN BEST SELLER SINCE 1913



\$3,000,000

368191 184 Ave West

Rural Foothills M.D., AB

#C4002979

5 2.5 2,100
BR BA SQ FT

Darren Abrahamson
the SD team/Royal LePage Solutions
www.theSDteam.com

Luxury contemporary lifestyle, country residential quiet, Bragg Creek convenience. One-of-a-kind custom home on 13 acres, over 4,200 square feet developed. Contact: 866-403-2900.



\$1,600,000

176014 168 Ave West

Rural Foothills M.D., AB

#C3639945

5 3.5 3,091
BR BA SQ FT

Sharon Bercuson
the SD team/Royal LePage Solutions
www.theSDteam.com

Luxurious country living, city close! Custom home near Priddis, 6.25 acres, Rocky Mountain views! Entertainers dream home, gourmet kitchen, open floor plan, 5,000 square feet developed. Contact: 866-403-2900.



\$1,950,000

1519 Muskoka Rd,

118W, Muskoka Lakes,

ON #481620591A

4 2 2,600
BR BA SQ FT

**Wendy Cleland
& Lester Johnstone**
Royal LePage Lakes of Muskoka Rity

775' of prime Lake Muskoka waterfront on 3.4 acres. Cottage, boathouse, double garage, and Bunkie has much to offer with a little vision. Contact: 800-953-8655.



\$3,470,000

439 Imp. de l'Oiseau-

Mouche, Magog, QC

7 7 7,300
BR BA SQ FT

Jacinthe Dubé
Royal LePage Jacinthe Dubé
www.jacinthe-dube.com

200 ft. on Memphremagog Lake, 2 acres forest. Residence of 7,300 sq. ft., 3 garages, 17 rooms, 25 ft. ceilings, view of Mont Orford. Contact: 819-564-5000.



\$5,995,000

1113 Golf Ave Rd #3

Muskoka, ON

#481380557

4 4+1 5,000
BR BA SQ FT

Bob Clarke
Royal LePage Lakes of Muskoka
www.mymuskokacottages.com

Breathtaking sunsets on Lake Rosseau, 800 feet of frontage with west exposure. Triple-slip boathouse with accommodations above. Meticulous custom craftsmanship throughout. Contact: 705-765-6855.



\$2,995,000

16 Fairyland Island

Muskoka, ON

#481480380

5 3+1 3,925
BR BA SQ FT

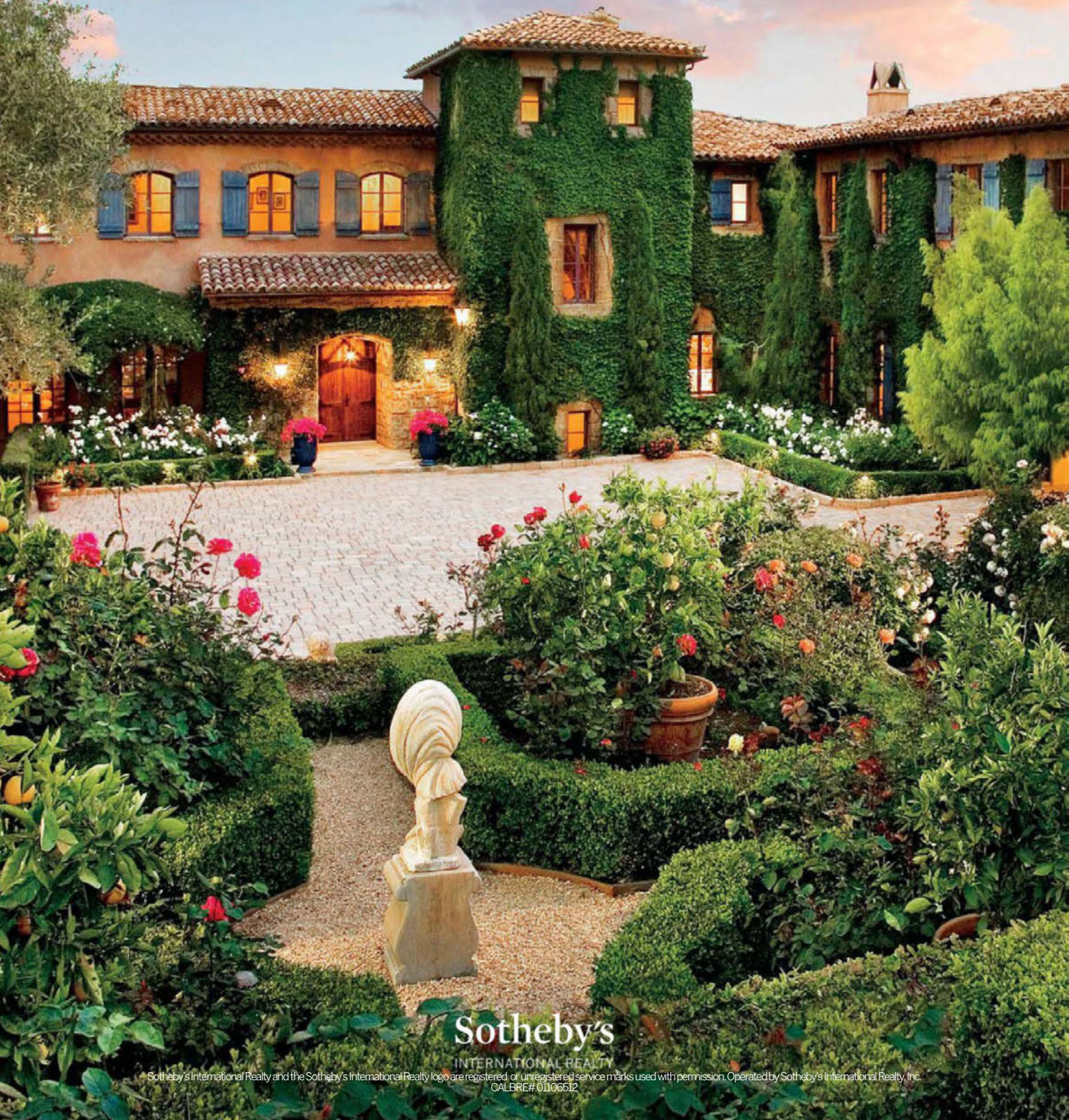
Bob Clarke
Royal LePage Lakes of Muskoka
www.mymuskokacottages.com

Private paradise island retreat on Lake Rosseau, 635 feet of frontage with multiple exposures. Large 2-story, 6-slip boathouse with oversized accommodations. Contact: 705-765-6855.

SUZANNE PERKINS

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ROCKBRIDGERD.COM



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Engel & Völkers Portfolio of Fine Homes



Austin, Texas: This property is one of the last available parcels of land on this pristine lake, gently sloping pecan oak trees, wildlife exemption. Situated on 115 acres with 1,850 of Lake Austin waterfront. \$30,000,000

Engel & Völkers Austin
Michele Turnquist

+1 512-431-1121



Santa Monica, California: New 10,000 square foot estate on a 17,000 square foot lot with stunning ocean views. Home features 6 bedrooms, 7.5 bathrooms, formal living and dining rooms, wine cellar, media room, pool, and guest house. \$11,500,000

Engel & Völkers Santa Monica
Sandra Miller

+1 310-616-6213



Naples, Florida: Platinum LEED Certified Estate close to the Gulf. Over 4,000 square feet of luxury in this one-of-a-kind home. Italian-designed Chic European décor from Antonio Lupi & Christian Andrea. \$2,900,000

Engel & Völkers Old Naples
Joe Epifanio

+1 239-825-6161



Santa Monica, California: Townhomes just blocks from the ocean. 3 luxurious units featuring 3 bedrooms, 2.5 baths, top-of-the-line finishes, appliances, and rooftop decks. Excellent location close to shopping, restaurants, and Promenade. \$2,799,000

Engel & Völkers Santa Monica
Sandra Miller

+1 310-616-6213



Westlake, Texas: World-class Vaquero golf community with concierge lifestyle. Custom, Tuscan Mediterranean-style estate featuring multiple courtyards, a separate attached guest casita and perfect floor plan for entertaining. \$2,250,000

Engel & Völkers Dallas Southlake
Roxann Taylor

+1 817-312-7100



Shenandoah, Texas: Adjacent to The Woodlands, this stunning custom built home is secured in Parkgate Reserve. Spacious entertaining with, gourmet kitchen, high vaulted ceilings, backyard and home automation system. \$1,650,000

Engel & Völkers Houston Intown
Jamie Vaughn

+1 936-672-2817



Southlake, Texas: Absolutely wonderful Scott Simmons Estate. Entire property is gated, massive play area available. Spacious rooms, pristine condition. Front estate features babbling brook and manicured grounds. \$1,649,000

Engel & Völkers Dallas Southlake
Dan Holmes

+1 817-528-4606



Naples, Florida: Lovely estate with exquisite mill work, impressive grand room with wood-burning fireplace, dry bar, and soaring ceiling. Resort-style pool and spa, enrapturing the exclusive Naples lifestyle. \$1,375,000

Engel & Völkers Olde Naples
Elton Alikaj

+1 239-821-7242



Boston, Massachusetts: Beacon Hill home on the flat of the hill near the Boston Common. This corner 1,369 square foot condo has 2 bedrooms, 2 baths, 2 fireplaces, built-ins, storage, elevator, and common roof deck. \$1,199,000

Engel & Völkers Boston
Robb Cohen

+1 617-962-0142



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TWO TREES LANE • A COUNTRY ESTATE IN A PRIVATE ENCLAVE • BRIDGEHAMPTON, NY

Exclusive. Located within the historic Two Trees equestrian estate along a private cul-de-sac, this magnificent retreat offers the finest in new construction and bucolic pastoral views of fields and stables. Beautifully sited on nearly two acres, the Fleetwood and McMullan-designed new manor home captures the essence of country living and the sophisticated lines sought by today's most discerning buyers.

This remarkable home features over 11,000 sf of exquisitely appointed living space, including a grand formal living room with fireplace, elegant formal dining room, large professional kitchen, family room with fireplace. Six generously sized en-suite bedrooms. A lower level finished to the same high standards, elevator, and heated 3-car garage. The lushly landscaped 1.9± acre grounds feature a 50' heated gunite pool with spa, pool house, sunken tennis court and overlook the fabled Two Trees equestrian estate. \$8,995,000. WEB# 52018.



Christopher J. Burnside
Brown Harris Stevens of the Hamptons
631.537.4320 | chris@bridgehamptonbroker.com
TwoTreesEstates.com

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Luxury Properties

COLLECTION



Middletown

Echoes of fields of lavender in Provence, exquisite details and casual elegance define this unique warm and welcoming French country estate overlooking the greens of the Rumson Country Club.

\$2,650,000

Gloria Nilson,

Shrewsbury Office, 732-842-6181



Hopewell Twp

Extraordinary repurposed barn with roots tracing back to 1780. Completely restored by a local architect. Its garden recently earned a spot in the Smithsonian Archives of American Gardens.

\$2,300,000

Anne Nosnitsky

Princeton Office, 609-921-2600



Princeton

A celebration of light and space, just a few miles to downtown Princeton, here's a distinctive home on over six wooded acres in a class of its own! Palatial master, in-law suite, and peaceful views.

\$1,850,000

Alison Covello

Princeton Office, 609-921-2600



Princeton

Designed by a master builder in 2001 the finest materials and craftsmanship went into creating this three level custom home. Enjoy glorious lake front sunrises.

\$1,375,000

Alison Covello

Princeton Office, 609-921-2600



Holmdel

Built for the most discriminating buyer—every aspect of this center hall Colonial is spectacular! Beautiful finishes, high-end appliances, newer custom master bath, finished walk-out basement, and state-of-the-art entertainment system.

\$1,269,000

Doreen DeMarco

Holmdel Office, 732-946-3200



Marlboro

For the buyer seeking the best of everything, Marlboro's star attraction! On 2.2 resort style acres with pool, expansive Trex deck and pool house! Beautiful interior rooms are fit for a crowd. Kitchen has all the accoutrement!

\$1,100,000

Terrence Loftus

Manalapan Office, 732-536-2000



Princeton

A long driveway leads to this attractive three bedroom home sited on 4+ acres in the coveted Princeton Ridge. Spectacular natural light flows through the lofty living spaces with unspoiled views of the forest.

\$1,050,000

Michelle Needham

Princeton Office, 609-921-2600



Princeton

This is your home, minutes to downtown Princeton! Picturesque landscaping with mature trees, patio and stone accents highlight the grounds. The expansive interior spaces are naturally illuminated.

\$824,900

Randy Snyder

Princeton Office, 609-921-2600

glorianilson.com

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Brick
Princeton

Holmdel
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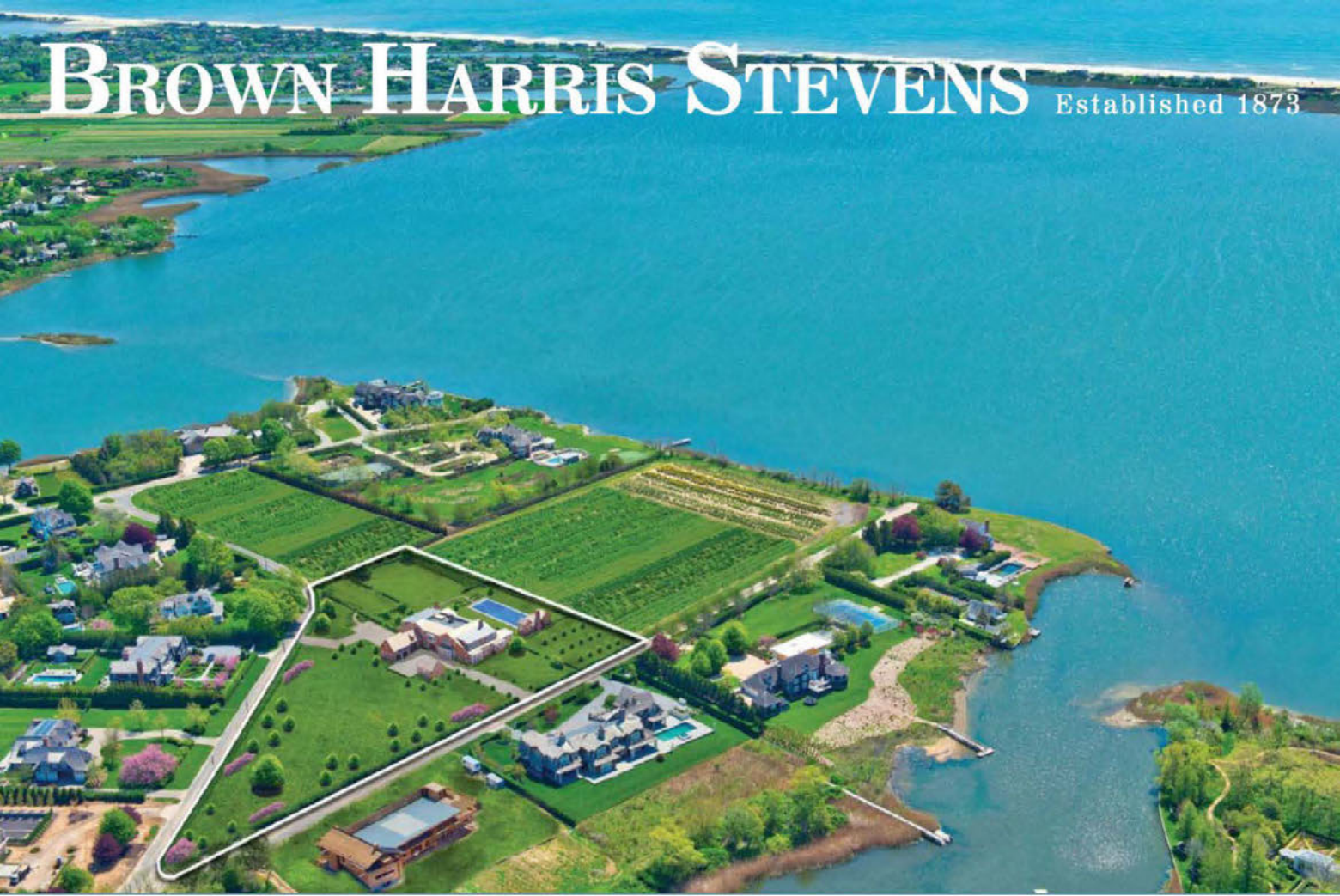
Mendham/Bernardsville
South Brunswick

Middletown
Spring Lake

Monroe Township
Wall Township

Ocean Township
Washington Crossing





MECOX FARM • NEW 3 ACRE ESTATE • WATER MILL, NY

Co-Exclusive. Exquisite, sophisticated top-level design defines this 12,000± sf mansion by James Michael Howard. With ultra-fine finishes and details, the home is sited on a vast 3± acre parcel 200± yards from the water and has it all. 74' radiant heated saltwater infinity pool, spa, and pool house. \$24,950,000. WEB# 22729.

MARTHA P. GUNDERSEN | 631.903.6131 | mgundersen@bhshamptons.com



ELEGANT ESTATE ON 6 ACRES • EAST HAMPTON, NY

Exclusive. This impressive Georgian-style residence, featured in numerous publications, was meticulously designed by a very prominent New York design team acting as their own. 6 bedrooms, 5.5 baths. Located in the Grace Estate on 6 acres with a heated gunite pool and pool house. \$5,500,000. WEB# 15159.

JAMES W. OXNAM | 631.903.6111 | joxnam@bhshamptons.com



WATERFRONT WITH DOCK • SAG HARBOR, NY

Exclusive. Excellent waterfront house with waterside pool and deep water dock sits high above the bulk head. The main house offers 3 bedrooms, 2.5 baths, family room with fireplace, wonderful kitchen, and glass enclosed living room. Separate heated 2-car garage with 3 finished bonus rooms above. \$5,250,000. WEB# 22868.

ANDREA L. ACKERMAN | 631.537.4340 | aackerman@bhshamptons.com

DISCOVER

LAKE BURTON

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JUST 90 MINUTES FROM ATLANTA

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Romancing the Stone on Lake Rabun, \$4,500,000



Enchanting Estate on Lake Burton, \$5,900,000



Journey's End on Lake Burton, \$4,200,000



The Adirondack Camp on Lake Burton, \$4,350,000



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Montclair Twp., NJ
\$4,975,000



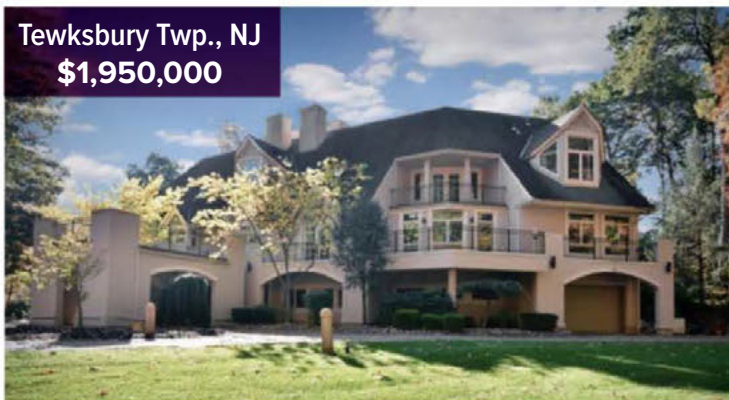
Take a tour at: www.60-Undercliff-Rd.com
Sam Joseph | Cell: 917.359.8990
Montclair Office: 973.744.5544

West Orange, NJ
\$2,495,000



Take a tour at: www.10OakBend.com
Sam Joseph | Cell: 917.359.8990
Montclair Office: 973.744.5544

Tewksbury Twp., NJ
\$1,950,000



Take a tour at: www.18GlennonFarmLn.com
Claudia Marquardt | Cell: 908.303.9697
Hunterdon Regional Office: 908.735.9700

Raritan Twp., NJ
\$1,499,500



Take a tour at: www.2KristinaWay.com
Kristina Ridente | Cell: 732.433.3689
Watchung Office: 908.753.4450





280 N. RED LEDGES BLVD

4 Bedrooms | 5 Bathrooms | 5,955 Square Feet | \$2,175,000

- Views of Mt. Timpanogos, Red Ledges & golf
- Private lot backing to acres of open space
- Walking distance to club amenities
- Rustic cedar siding, natural stone and timbers
- Beautiful open and spacious floor plan
- Convenient main floor living
- Thermador Professional kitchen appliances
- Stone pavers for all exterior patios & walkways
- Outdoor living with fire pit & fireplace
- Wood burning fireplace in great room
- Master Suite with his & hers walk-in closets
- Guest suite on main level with private patio
- Oversized 3 car garage
- Large upstairs family room & loft area



The mountain community of Red Ledges is a 2000-acre natural playground with stylish mountain contemporary homes and endless recreation, located in the Heber Valley, just minutes from downtown Park City, Utah. Heber was ranked #5 among “America’s Fastest-Growing Small Towns” by Forbes magazine, and was highlighted as a “Best Value in Second Homes” by the Wall Street Journal.

REDLEDGES.COM

HEBER VALLEY, UTAH

(877) 733-5334

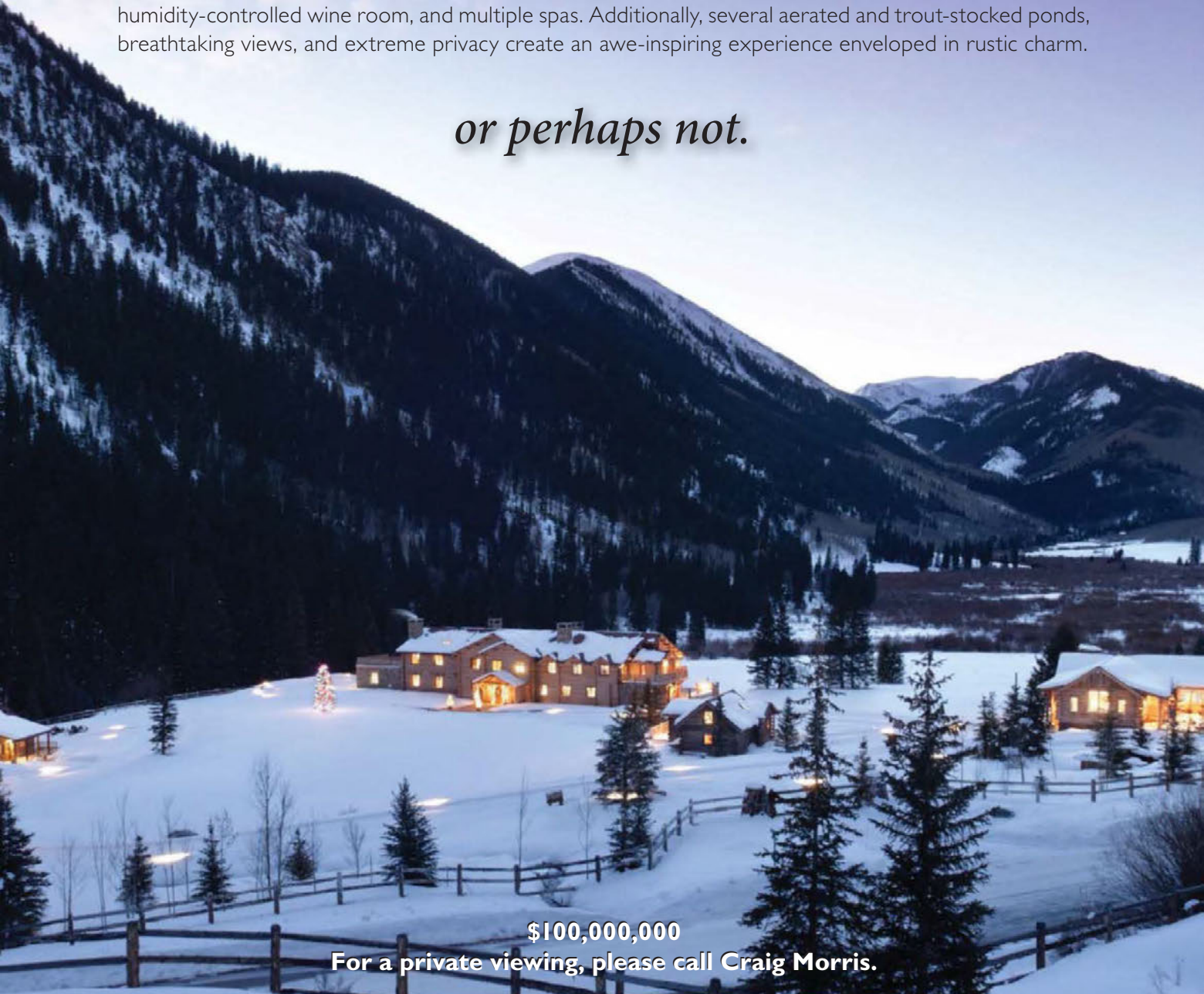


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It's hard to stand out in Aspen Real Estate...

Nestled in the Castle Creek Valley approximately 10 miles from downtown Aspen, Colorado lie The Elk Mountain Lodge Properties. Consisting of 4 separate and distinct parcels totaling 82.6 acres, there are a total of 13 buildings including the 14,987 square foot main lodge, additional single family homes, historic cabins, and recreation and maintenance facilities. The sophisticated creature comforts and the unmatched amenities combine to create the quintessential mountain compound. The homes and cabins feature a total of 28 bedrooms, 25 baths, 5 half baths, state-of-the-art life safety, security and home automation systems, recreation and entertainment hall, indoor sports court, walk-in temperature and humidity-controlled wine room, and multiple spas. Additionally, several aerated and trout-stocked ponds, breathtaking views, and extreme privacy create an awe-inspiring experience enveloped in rustic charm.

or perhaps not.



\$100,000,000

For a private viewing, please call Craig Morris.

Aspen
Snowmass

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INTERNATIONAL REALTY



CRAIG MORRIS

970.379.9795 Cell

Craig.Morris@SothebysRealty.com

CraigMorris.com

Just 21 miles south of historic Charleston, South Carolina, Kiawah Island offers luxury resort living among ten miles of shoreline, award-winning golf, and world-class amenities.



85 BLUE HERON POND ROAD *
Price: \$18,000,000 | Square Feet: 15,322
Beds: 7 | Baths: 9 full, 3 half | View: Marsh

Facing the Atlantic on Kiawah Island, this one-of-a-kind retreat would be rare for any age. The 15,000-square-foot main home has an additional 5,000 square feet of outdoor living area in the form of pipe decking, pavilions, porches, balconies, and an infinity pool. This property's singular character is achieved by the graceful balance of exacting features and Lowcountry charm.



129/132 FLYWAY DRIVE *
Price: \$7,900,000 | Square Feet: 6,008
Beds: 6 | Baths: 7 1/2 | View: Back Ocean

This expansive ocean view property offers beautifully landscaped grounds graced with a large swimming pool, putting green, regulation tennis court, and covered pavilion. Gracious and livable, the Georgian style estate is situated on nearly 2.5 acres and enjoys ocean views and a private boardwalk. The grounds are adorned with tropical palms, palmettos, tall oaks, and pines.



51 OCEAN COURSE DRIVE *
Price: \$2,895,000 | Square Feet: 5,453
Beds: 5 | Baths: 5 1/2 | View: Lagoon

Just a 5-minute walk to Kiawah's private beach, the Beach Club, and the Ocean Course Clubhouse, 51 Ocean Course Drive offers tranquil lagoon and marsh views. Located on one of Kiawah's most acclaimed streets, its location, adjacent to a bike path that leads directly to the Ocean Course, is one of the residence's finest and most enviable features.



16 SUMMER ISLANDS LANE *
Price: \$3,125,000 | Square Feet: 4,859
Beds: 5 | Baths: 4 1/2 | View: Marsh

This home guarantees the utmost privacy and relaxation. South-facing for gentle ocean breezes, this home showcases breathtaking views of Kiawah's golden marsh and Bass Creek. A community dock provides further convenience. 16 Summer Islands features a classic, Hardi Shingle design with a copper roof. The spacious open floor plan creates an easy flow between living spaces, ideal for entertaining.



595 PIPING PLOVER LANE
Price: \$2,195,000 (F) | Sq Ft: 3,297
Beds: 5 | Baths: 5 1/2 | View: Golf

Featuring top-quality finishes, custom millwork, and gorgeous heart pine flooring, this professionally decorated home offers an open floor plan—ideal for entertaining. The great room opens to the kitchen and dining areas and features gorgeous heart pine floors, a fireplace, white bead board walls, and large windows. French doors open out onto the screened porch, back deck, and swimming pool.



5511 CYPRESS COTTAGE LANE *
Price: \$2,100,000 | Sq Ft: 2,656
Beds: 4 | Baths: 4 1/2 | View: Golf/Lagoon

Built in 2011, this quiet luxury cottage home enjoys an easy flow with expansive great rooms connected by arches and alcoves that marry open living and dining areas with the kitchen and sunroom. The landscaped courtyard with patio and water feature leads to an inviting mahogany front door that complements the natural stucco exteriors and copper roofline.



101 FLYWAY DRIVE
Price: \$2,995,000
Acreage: 1.33 | View: Ocean

A rare find, this expansive lot offers endless opportunities to create an idyllic, custom coastal sanctuary and build lifelong memories. Situated across the street from a sizeable inland property that has been permanently protected from future development, this unique homesite's location on the western end of the Island means that it enjoys lush vegetation that is teeming with Kiawah's unspoiled natural wildlife and breathtaking vistas.



43 RIVER MARSH LANE *
Price: \$2,900,000
Acreage: 0.63 | View: River

Nestled alongside the deep-water banks of the Kiawah River, this homesite hides amongst grand oaks and palmettos. Located in the Rhett's Bluff neighborhood, 43 River Marsh Lane overlooks golden marshes and boasts easy access to the waterways from a private dock. Rhett's Bluff features an exclusive pavilion and boat landing, as well as close proximity to The River Course, the Sanctuary, Freshfields Village, and miles of coastal beaches.



6017 GREEN DOLPHIN WAY *
Price: \$2,295,000 | Square Feet: 2,700
Beds: 4 | Baths: 4 | View: Lagoon

Set within a majestic oak forest, the Maritime luxury villas feel secluded yet are adjacent to the Sanctuary, East Beach tennis, and Kiawah's superb golf courses. Maritime's ideal location on Green Dolphin Way is just across Turtle Point from the beach and a short walk to Kiawah Island amenities. Views of the ocean await from the rooftop deck, further adding to the allure of this luxurious getaway.

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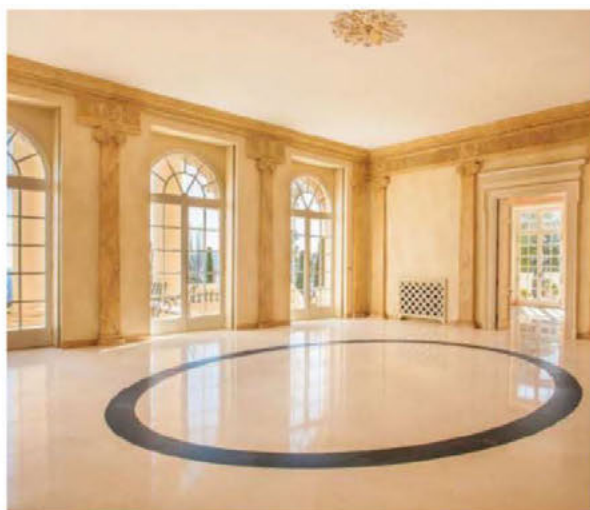
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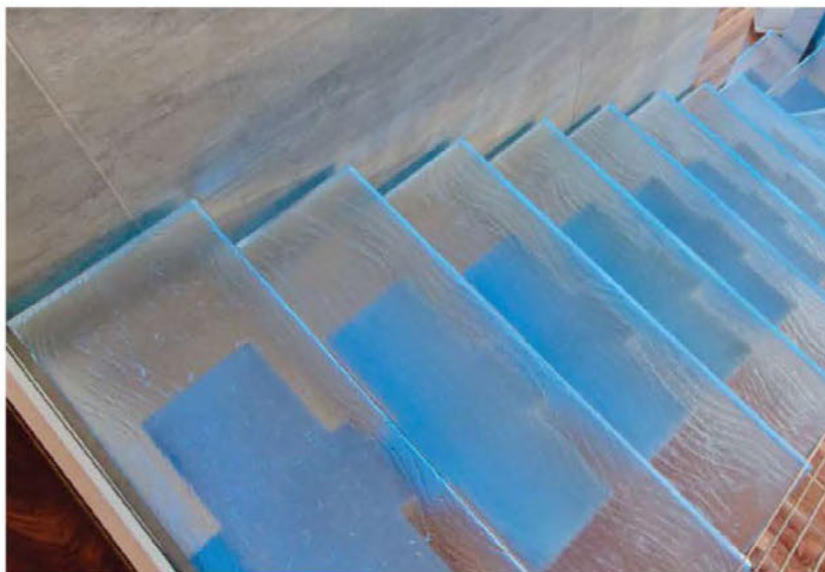
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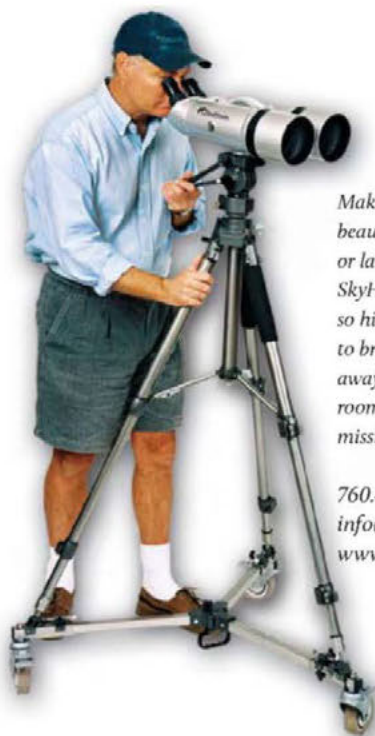
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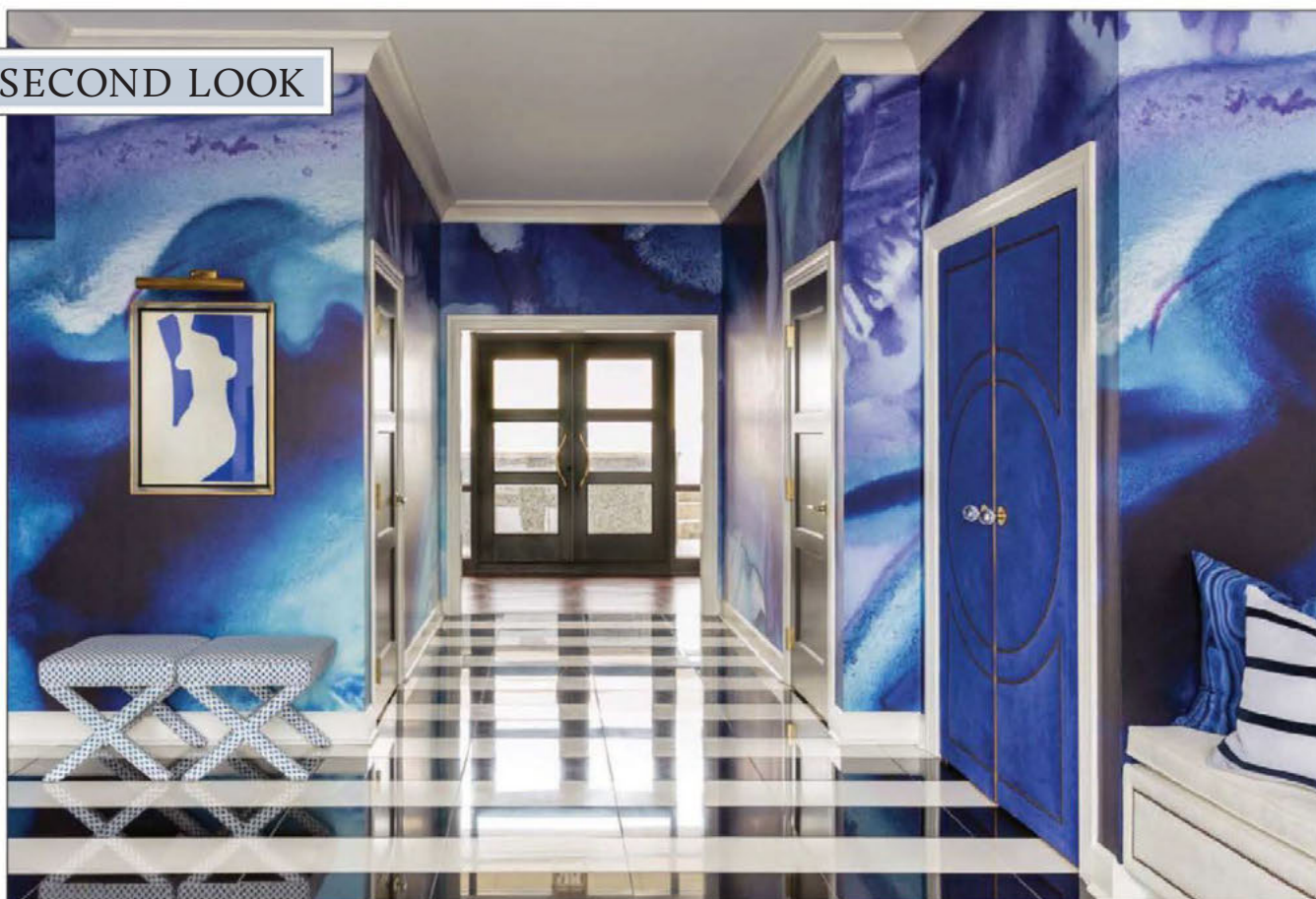


PHOTO: NANCY NOLAN; INTERIOR DESIGN: TOBI FAIRLEY

Wall Power

Move over, traditional paper, for Black Crow Studios' big, bold prints.

✱ **Forget damasks and toiles.** When Tracy Hiner launched Black Crow Studios in 2010, she intended for her company to venture beyond traditional wallpaper. Five years later, she still eschews predictable florals and been-there geometrics, preferring instead to take both her clients' ideas and artists' works to the wall as large-scale prints. At her Long Beach, Calif., studio, the 33-year-old former fashion designer creates the custom mural-style coverings, which often have what she calls a modern-day trompe l'oeil effect. "People go up to our work, look closely, and often touch the walls," says Hiner. "They almost always think it's actual paint on the walls."

That is the effect of a wall covering in the powder room of a recently refurbished Chicago home (see "The Manor Reborn," page 72). For that space, the home's design team chose a pattern from Black Crow's Watercolor collection, using the covering as a wrap-around design statement on all four walls. The moody mix of swirling color derives from an approximately 10-by-10-inch section of a painting by the Southern

California-based artist Karla Davison. Hiner enlarged an image of the work with care: "I don't overmanipulate the art when I'm converting it into a wall covering. We don't want anything to look digitally made, even though it is."

Black Crow, with its staff of four (Hiner included), makes wall coverings not only for private homes but also for public spaces (Children's Museum of Pittsburgh, Beverly Hills' Greystone Mansion), and installations run the gamut, from itty-bitty rooms to massive ones. In the latter case, a mural might span 200 feet or more and be installed in a series of panels. The subject matter depends on the client, but options abound. Thanks to a recent collaboration with Gray Malin, for example, Hiner is re-creating the photographer's high-drama seaside images as wall art. "Whether it's a watercolor image or a photograph, the important thing is to bring a sense of movement to the room," she says. "That's what evokes the biggest reaction." [ALEXANDRIA ABRAMIAN] **1125**

Black Crow Studios, 562.628.8539, blackcrowstudios.com

Black Crow Studios' custom mural-style wall coverings exude what founder Tracy Hiner calls a modern-day trompe l'oeil effect.

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-ALEXA HAMPTON



DESIGN. **CLICK.** DELIVERED.

A close-up portrait of a woman with light skin and blue eyes, looking directly at the camera. Her face is framed by several hands wearing white latex gloves. The hands are positioned around her head and face, with fingers gently touching her forehead, temples, and cheeks. She is wearing a dark, multi-strand necklace with pearls and dark beads. The background is dark and out of focus.

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In Brief

EDITOR'S HIGHLIGHTS FROM THE SUMMER ISSUE



FACE TIME:
THE 15 MOST
EFFECTIVE AGE-DEFYING
TREATMENTS

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Four plastic surgeons detail the advances in rejuvenation for men and women, from fat-melting injections and fat grafting to laser hair removal and hair transplantation. The experts also talk candidly about recovery time and how long the effects of these procedures last.

BY ERIN O'DONNELL



PRIVATE PLATES:
THESE SEVEN PRIVATE
CHEFS HELP THEIR
CLIENTS STAY
HEALTHY AND LEAN

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Conundrums of time and expertise can often be solved by hiring a professional: for taxes, business development, and even eating well. Private chefs from around the country keep families and individuals on track with health and weight goals.

BY STACIE STUKIN



**FROM ADVERSARIES
TO ALLIES:**
BACTERIA AND VIRUSES
ARE THE NEWEST
WEAPONS IN THE CANCER-
KILLING ARSENAL

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If the enemy of my enemy is my friend, then it may be time to cozy up to defanged versions of toxic bacteria, measles, HIV, and even the common cold that can devour tumors from the inside out or embark on search-and-destroy missions for metastases.

BY SARAH ZOBEL



SOFT SCIENCE:
MORE EVIDENCE THAT
BEING OUTSIDE IMPROVES
BOTH MENTAL AND
PHYSICAL HEALTH

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Gardening, a stroll through the woods, and the more formal Asian practice of "forest bathing" can boost immunity, lower stress and blood pressure, and improve eating habits.

BY CAROLYN MEERS



INNOVATIONS:
MIGHTY MICE TO
THE RESCUE FOR
CUSTOMIZED CANCER
TREATMENTS

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DR. MIKE: HOW I DO IT:
THE SUPPLEMENTS
THAT CAN MAKE
A DIFFERENCE IN
STAYING WELL

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BY MICHAEL ROIZEN, MD



a.testoni



A SPACIOUS SPA
SUITE AT THE
FARMHOUSE INN IN
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Photograph by
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“ Dr. Coley gave what became known as Coley’s toxins to more than 1,000 patients. According to records, tumors shrank or regressed in approximately 500 of those cases, an astounding rate. ”

FOR THE FIRST TIME, **ROBB REPORT HEALTH & WELLNESS** will bring its pages to life at our inaugural Health & Wellness Summit at Montage Deer Valley, Utah, where the experts upon whom we rely for the most current science behind our lifestyle choices will join us from July 30 to August 2. Guests will be able to have their own pressing health questions answered by physicians such as Brigham and Women’s Hospital’s Charles Czeisler, PhD, MD, about getting better sleep; James Ficke, MD, of Johns Hopkins Medicine about preventing knee replacements; and Cleveland Clinic’s Jeffrey Cummings, MD, ScD, about optimizing brain health. We will also welcome Cleveland Clinic’s Michael Roizen, MD, whose column debuts in this issue and who will be on hand to delineate the facts from wishful thinking with regard to wellness.



But not all wishful thinking should be discredited; sometimes it evolves into theory and eventually becomes fact, say, after a century of triumphs and setbacks. Consider the story of Coley’s toxins, introduced in 1891 by a newly minted bone surgeon at Memorial Hospital in New York City. After being deeply affected by the aggressive and fatal encroachment of cancer in a young patient, William Coley, MD, immersed himself in finding a cure. He studied hospital records, historic anecdotes, and the medical literature at the time, and all three pointed him toward the beneficial convergence of bacterial infection and tumor regression: In some cases when patients contracted a bacterial infection and fever, their tumors shrank. One of his findings, a former Memorial patient riddled with cancer, left the hospital without tumors after contracting a streptococcal infection. Dr. Coley scoured the tenements of Manhattan’s Lower East Side looking for this medical miracle, and when located, the man assured him he remained tumor-free. Dr. Coley then began to inject patients with strains of the bacterium *Streptococcus pyogenes* and had some encouraging, though inconsistent, success. During his 40-year medical career, Dr. Coley gave what became known as Coley’s toxins to more than 1,000 patients. According to records, tumors shrank or regressed in approximately 500 of those cases, an astounding rate especially for his era.

While Dr. Coley never understood the mechanism behind the successes, he did know it was somehow linked to an activation of the immune system. His toxins were first coveted by other physicians, then discredited for having few effects. His patient follow-up was poorly controlled, and his ministrations differed from patient to patient. In short, while Dr. Coley was an intuitive and creative physician, he was perhaps not quite a rigorous scientist. His toxins were also overshadowed by the more consistent victories of radiation and chemotherapy, which were emerging simultaneously.

But Dr. Coley’s work was undoubtedly the harbinger of what is today the cutting edge of oncology: immunotherapy and its newest (or oldest) cousins, bacteriolytic and viro therapies, which you can read more about in our feature on page 50.

I hope to see many of you in July at the Montage for our inaugural event.

JANICE O’LEARY
EDITOR, ROBB REPORT HEALTH & WELLNESS

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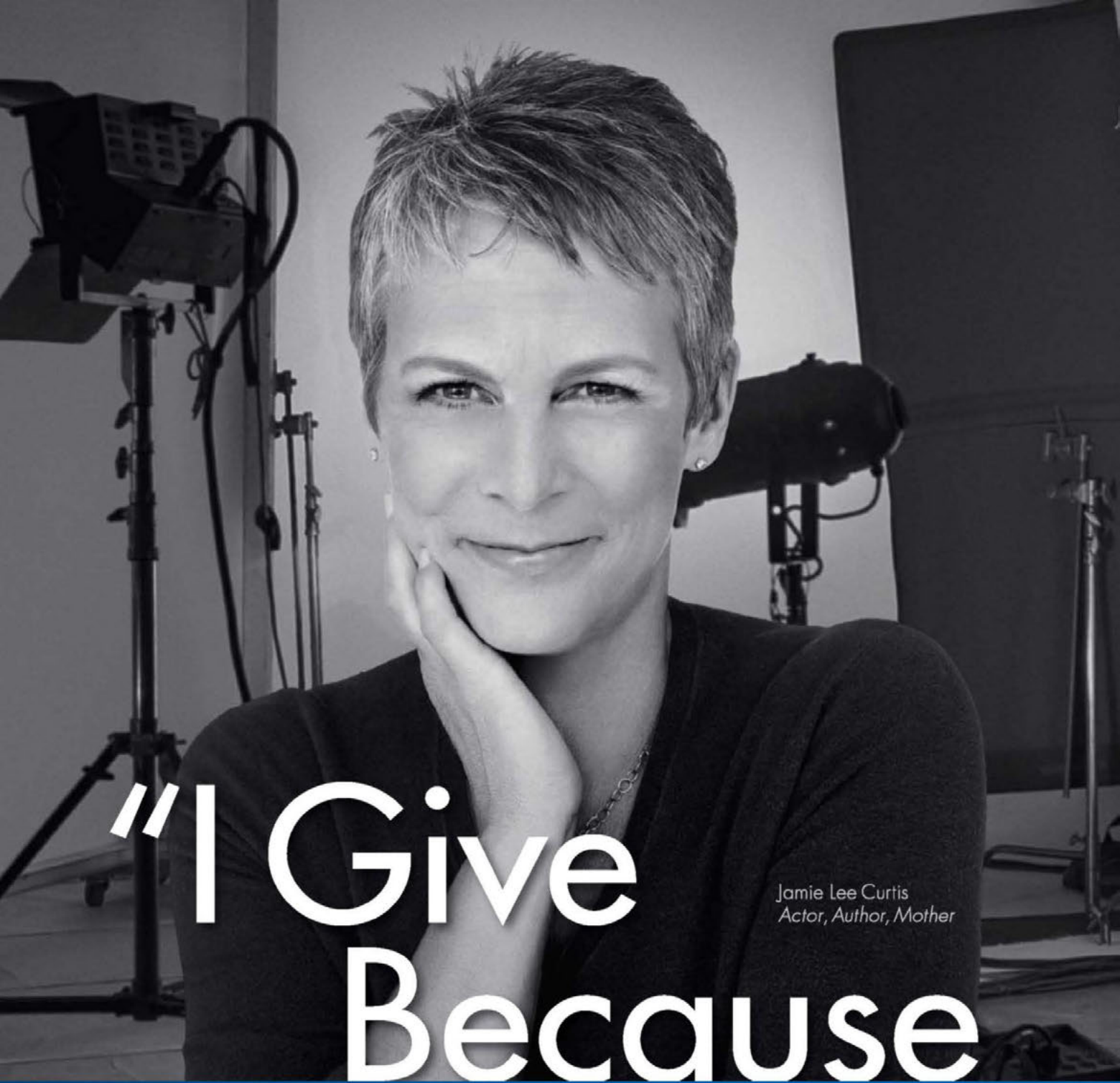
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HEART HEALTH

Blue Blood

BLUEBERRIES HAVE BEEN TOUTED FOR THEIR vitamin content (C and K) and antioxidant properties, but a recent study found an even more compelling reason to make the fruit part of one's daily diet: They may reduce blood pressure and arterial stiffness. In a randomized, double-blind study of postmenopausal women with pre- and stage-1 hypertension, researchers found that daily

consumption of freeze-dried blueberry powder—equivalent to about one cup of fresh berries—for eight weeks dropped diastolic blood pressure (the lower number) by an average of five points and systolic pressure by an average of seven points. Results also showed a relaxing of arterial walls and an increase in nitric oxide, which may be responsible for the beneficial changes.

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FITNESS

SWISS SMARTS

SILICON VALLEY MEETS SWISS WATCHMAKING with the newest releases from Geneva-based Frederique Constant: beautiful timepieces that track activity and sleep while eschewing a digital screen. Two quartz models—one in rose-gold-plated stainless steel (\$1,295) and the other in stainless steel (\$995 to \$1,150)—communicate with smart-phone apps to schedule alerts and offer coaching tips. The percentage of fitness or sleep goals achieved is shown on the watch face by small hands—silver for fitness and blue for sleep—on the inset dial. The new timepieces also resolve a common nuisance of smart watches and activity tracker technology: With battery life extended to a lengthy two years, they do not require daily or even weekly charging. » frederique-constant.com



METABOLISM

SWEET SORROW
5 to 10

NUMBER OF YEARS LIFE EXPECTANCY IS REDUCED BY HAVING TYPE 2 DIABETES

153 MILLION

NUMBER OF ADULTS WORLDWIDE WITH DIABETES IN 1980

347 MILLION

NUMBER OF ADULTS WORLDWIDE WITH DIABETES IN 2008

75 PERCENTAGE OF ALL PACKAGED FOODS AND BEVERAGES IN THE US THAT CONTAIN ADDED SUGARS*

NUMBER OF ADULTS WORLDWIDE WITH TYPE 2 DIABETES MELLITUS* **1 IN 10**

40 PERCENTAGE OF AMERICAN ADULTS WITH SOME DEGREE OF INSULIN RESISTANCE*
SUCROSE AND HIGH-FRUCTOSE corn syrup have been implicated in the development of diabetes and the metabolic changes that can lead to heart disease. Recent research published in *Mayo Clinic Proceedings* examines the risks and recommends that reducing added sugar to just 5 percent of total calories—or about 25 grams of sugar per day for a 2,000-calorie diet—can decrease the prevalence of diabetes and related disorders. Researchers emphasize that the fructose found naturally in whole fruits and vegetables poses no problem for health.

* FIGURES ARE APPROXIMATE

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Cat Nap

CATALINA, THE LEGENDARY PLAY-ground for Hollywood film stars, amps its wattage with the opening of the island's first destination spa, Island Spa Catalina. Located at one end of Avalon's main street, the 15,000-square-foot spa's bi-level suites, treatment rooms, and sundeck offer breathtaking views of the Pacific. Built like a private compound surrounding a central plaza with chaise lounges, a pool and whirlpool, a juice bar and café, a hair and nail salon, and even a fitness studio, the spa is a place to while away the day and rejuvenate in its comfortable, beachy-modern decor. Treatments such as the Seaweed Surrender detoxifying wrap and Cactus Cooler deep hydration are inspired by the island's flora as well as the sea. Whether one desires a massage or just a quick nap, the spa's must-have experience is a session of Hot Sand Therapy on a heated sand table: A soft pad is placed over the "sand"—small beads of smooth rose quartz known for its healing properties—and the gentle warmth induces deep relaxation. It is one of only a handful of such tables in the country, and the first on the West Coast. [» islandspacatalina.com](http://islandspacatalina.com)



TRAVEL

SONOMA SANCTUARY

THE BOUTIQUE FARMHOUSE INN, ACCLAIMED FOR ITS CREATIVE, FARM-TO-TABLE CUISINE and eclectic wine list, opened spacious new rooms and a gorgeous spa as part of an \$8 million renovation this spring. Designed to feel like an open-air barn, the sanctuary features three treatment suites, each with indoor and outdoor spaces to maximize the beauty of the location and the breadth of services from wraps and bath soaks to facials and massages. Try the unique 90-minute Body Melt treatment: A warm body pillow filled with herbs, alfalfa, and lavender to help extract lactic acid from sore muscles is layered atop a heated water bed for the ultimate in relaxation. Do not miss the charming swing layered with pillows that just beg one to curl up with an engrossing read or for a post-massage snooze. A soothing blend of natural materials in the architecture contribute to the immediate sense of well-being here. [» farmhouseinn.com](http://farmhouseinn.com)

SKINCARE

FACE OFF

NOW THAT MORE MEN ARE COM-fortably embracing the benefits of spa treatments, there are a number of innovative skincare services that tackle male-specific concerns such as irritation from shaving, hydration, and fine lines. Treating these complexion conundrums is the cornerstone of Biologique Recherche's new Gentleman's Facial (\$240) offered exclusively at New York's Peninsula Spa. "Whether it is ingrown hairs, dehydration, rosacea, or acne, men tend to use only one product to address all their skin concerns," says Philippe Allouche, MD, Biologique's head of creation and chief executive officer. His solution is a service that begins with a thorough

skin analysis that informs a customized regimen of rehydrating and soothing masks and a bespoke blend of high-concentrate signature serums. One go-to product that Dr. Allouche says benefits both men and women is Biologique Recherche's popular Lotion P50, a vitamin-enriched exfoliator that purifies, hydrates, controls sebum, and balances skin's pH levels. It is especially useful in preventing and treating ingrown hairs and is recommended for pre-and post-shaving care. Consistency is key, says Dr. Allouche. "Similar to exercising on a regular basis, men must take care of their skin daily to ensure proper skin health and see results." [» peninsula.com/newyorkspa](http://peninsula.com/newyorkspa)

BOTTOM: DANIEL SOLOMON



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1.

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***I took protein and
CREATINE
supplements as a teenager.
What can I do now
to counter this rather
ALARMING CONNECTION?***

► SEE PAGE 54 FOR AN EXPERT'S RESPONSE





BLADES OF LIGHT

How a purloined research device, an ounce of bravery, and a physician with a death grip brought about a brilliant medical enlightenment.

BY SHEILA GIBSON STOODLEY ILLUSTRATION BY DAVE CUTLER

WHEN A MEDICAL LASER changes or saves a life, a handful of curious New York ophthalmologists and an audacious scientist are the ones to thank. Back when the laser was an exhilarating new technology—physicist Theodore Maiman created the first working laser at Hughes Research Laboratories in Malibu, Calif., in 1960—a group of doctors based at

New York's Bellevue Hospital sought to test the effects of a laser beam on a living eye. Being ophthalmologists, they feared that a direct hit could be disastrous. But the only way to know for sure was to try it.

In a loan that was not strictly aboveboard, the doctors “borrowed” the laser from the downtown Manhattan office of Technical Research Group (TRG), a defense private research firm. It was the first working ex-

ample TRG had made, and they had set it aside to tackle the creation of different types of lasers. TRG physicist Gordon Gould, the man credited with hitting upon the principles that made lasers possible and invented its identifying acronym, had learned of the physicians' request and chose to help, even though he was then fighting a tedious and ultimately fruitless battle with the U.S. government for a security clearance. (In his

“The therapy involves threading a laser probe directly into the malignant tissue and attacking it by, in essence, cooking it: delivering heat that denatures its proteins.”

younger days, Gould had been associated with a Marxist study group. Unsurprisingly, this did not play well in the McCarthy era and Gould never did receive his clearance.) Many in his position would have flatly refused the doctors, not wanting to do anything that could possibly jeopardize the case, but Gould went ahead. He and another sympathetic TRG employee who had a security clearance snuck the two-piece laser out of its storage in a classified part of the building and spirited it away to Bellevue.

The doctors had already chosen a rabbit for their test subject, but were not sure how to protect their own eyes during the experiment. The very novelty of the laser stumped the highly educated medical experts, who settled on the dubious strategy of simply shutting their eyes when the time came. The role of Milton Zaret, MD, left him vulnerable: As the designated rabbit wrangler, he had to keep one eye open to ensure the test subject was correctly positioned.

When the deed was done, Dr. Zaret let go of the rabbit and found it distressingly limp. Fears that the laser was to blame melted away when he realized he had inadvertently squeezed it to death. The doctors then examined the deceased's target eye and saw that the laser had indeed burned a hole in its retina, but not its vitreous humor or its surface structures. The truth dawned as bright and searing as the beam itself: The laser could serve as a scalpel made of light. Within months, ophthalmologists at what is now New York–Presbyterian Hospital performed the first laser surgery on a human being.

In its early days, the laser was described as “a solution looking for a problem.” It has since solved an impressive number of problems in its 55 years of existence, including

many that had no solution before it came along. Not only was ophthalmology transformed by the laser, but so was dermatology, the specialty practiced by Leon Goldman, MD, the founding president of the American Society for Laser Medicine and Surgery (ASLMS). “These technologies were most rapidly adopted where you just plain could not do anything before,” says Raymond Lanzafame, MD, MBA, a general surgeon and continuing medical education director for the ASLMS. “An example from ophthalmology is the detached retina. There was not much you could do in 1960. But after 1960, there was much that you could do.”

Although the fact is mostly forgotten now, the word *laser* is an acronym that stands for light amplification by stimulated emission of radiation. A range of materials are fit for “lasing,” as the verb form of the word is known. The earliest lasers relied on pink rubies; others now employ organic dyes, chemicals, or gases such as carbon dioxide, argon, and helium. Different wavelengths are suited to different medical applications. Argon gas lasers can address diabetes-related eye problems while the excimer laser, a type that usually combines a noble gas with a reactive gas, is better for eye surgeries that correct nearsightedness, farsightedness, and astigmatism. A solid-state holmium:yttrium-aluminum-garnet (or Ho:YAG) laser is the choice for breaking up kidney stones, and pulsed dye lasers are often aimed at port wine stains, unwanted tattoos, and other skin issues.

Medical lasers are also helping to combat some of the worst cancers and their effects. Claudio Tatsui, MD, assistant professor of neurosurgery at the University of Texas MD Anderson Cancer Center in Houston, has adapted a new technique—MRI-guided laser

interstitial thermal therapy (LITT)—for use against the spinal tumors that can arise in patients whose cancers have metastasized. The therapy was initially used against hard-to-reach brain tumors and involves threading a laser probe directly into the malignant tissue and attacking it by, in essence, cooking it: delivering heat that denatures its proteins and melts its lipids, while leaving surrounding healthy tissue alone. The MRI lets medical personnel monitor the process in real time, and they can program the computer controlling the probe to stop when it reaches a specific temperature.

MRI-guided LITT became available to Dr. Tatsui in 2012 and has shown promise. Spinal tumors need to be cleared because they cause incontinence and paralysis, but most are best treated with radiation, and the dose that will kill the tumor is inevitably larger than what the spinal cord can withstand. Preparing and stabilizing the spinal area for radiation used to require surgery to remove enough of the tumor to permit a precisely focused dose that avoids hitting the spinal cord. This required a large incision, several days of convalescence, and cessation of chemotherapy for the main cancer while the patient recovered. MRI-guided LITT permits Dr. Tatsui to make a far smaller incision, which in turn shortens recovery time and lets patients return to chemotherapy faster. “It is amazing,” he says. “I have patients come here and get back to oncology treatment the next day.” Since November 2013, he has treated the spinal tumors of 27 patients who have stage IV cancers and only four failed. Of those, two underwent the laser procedure again and the other two received conventional surgery. “It is a very exciting technique that I think will have a role in management of spinal metastases,” he says.

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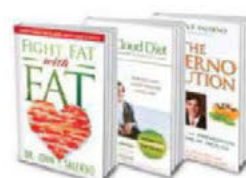
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Men with the highest level of mercury have a 50% increased chance of having a heart attack.



Dr. Salerno is a world-renowned physician, speaker and hands-on physician and practitioner trainer who has served as a preceptor at Yale Medical School and worked closely with Dr. Robert C. Atkins. His combination of traditional medicine, alternative healing and his own line of vita-nutrients combine for very effective anti-aging, weight loss and preventive treatment. Detailed testing and novel therapy sets the Salerno Center apart.



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Lasers have also been quite useful in the hands of trained specialists for even routine general surgery tasks. Wavelengths suitable for delivery via fiber optics are helpful for procedures like gallbladder removal: The carbon dioxide laser can be carried by a waveguide or used as a beam of light focused by lenses. “You can use it like a noncontact scalpel,” says Dr. Lanza fame as he recounts the carbon dioxide laser’s merits: It can cauterize and sterilize tissue; it can reduce bleeding and inflammation; its beam can shrink to a size smaller than a human hair, allowing for exceptionally precise targeting of diseased tissue; and it eliminates the risk of the surgeon accidentally dragging tumor cells, bacteria, or other nasty stuff across the surgical wound. And as with the cancer patients who underwent Dr. Tatsui’s laser treat-

ment, hospital stays are often shorter, too.

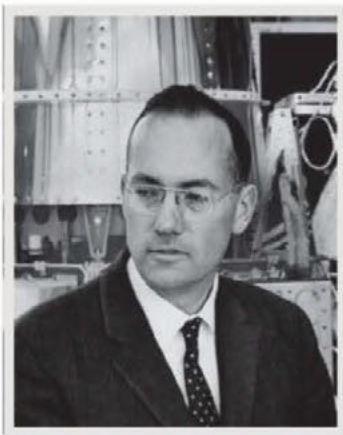
While lasers have zapped cancerous cells, airway obstructions, and other potential killers, a great deal of their medical uses are life-changing rather than lifesaving. No one will die for lack of LASIK, but the impact of sight-improving operations on individual patients is far from trivial. “We routinely correct the vision of policemen, pilots, firemen, astronauts, people who need good vision if their glasses fly off,” says Marguerite McDonald, MD, clinical professor of ophthalmology at NYU School of Medicine and a past president of the American Society of Cataract and Refractive Surgery.

Dr. McDonald recalls from her training days some pushback from the medical community on the idea of attacking maladies that cause anguish, but not death. “What got some

people anxious was using lasers to get rid of glasses,” she says. “And there was a romantic notion that any doctor would have to be better than a laser in surgery.” On the contrary; sometimes modern lasers can prevent costly, tragic errors. “The lasers have all these fail-safes in them,” she says, explaining that it is possible to load an ophthalmology laser with information about the unique appearance of a patient’s eye: “If the next person lies down [on the operating table] and the live image of the eye does not match the image that has been loaded into the laser’s computer, the laser turns itself off.” She says the weight of the evidence—many thousands of eye surgeries that successfully corrected patients’ vision and resulted in few side effects—ultimately stemmed the concerns. “In retrospect, it is kind of laughable to read the past letters to the editor of medical journals, but [people] were genuinely worried,” she says.

Five decades onward, the laser is still yielding novel treatments for intractable problems as well as pointing the way toward solving them. In 2013, laboratory researchers at the National Institutes of Health and the Ernest Gallo Clinic and Research Center at the University of California, San Francisco, reported they might have found an on-off switch for cocaine addiction by aiming lasers at a specific region of the brains of rats. Scientists first inserted light-sensitive proteins into the rats’ prefrontal cortexes. Stimulating the region with laser light activated the proteins, killed the cravings, and wiped away the addictive behavior, while using the same process to alter the brain activity in nonaddicted rats turned them into compulsive cocaine-seekers.

Recently, a company called Stroma Medical announced human testing for a laser procedure that will literally make brown eyes blue by removing a layer of pigmentation from the iris. Dr. McDonald confirms that the endeavor is legitimate. “It is in the earliest phases,” she says, explaining that human trials needed to earn U.S. Food and Drug Administration approval for use in the United States would not happen anytime soon, but “the early data from outside the U.S. are looking very good.” ♦



LASER TAG

Physicist Charles Townes raced against other scientists to create the first laser.

PROMETHEANS ABOUND

IT IS NOT UNUSUAL FOR GREAT MINDS TO REACH THE same discovery close at each other’s heels. The laser is a marvelous example of this phenomenon. Albert Einstein had long ago predicted that wave energy could be amplified and directed when the maser—the “m” standing for microwave—was devised, arising from a 1954 experiment at Columbia University’s physics department by professor Charles Townes and some of his graduate students. Its success prompted scientists to wonder if its underlying principles could apply to waves of light. Townes and Columbia student Arthur Schawlow won acclaim when their 1958 paper *Infrared and Optical Masers* explained how a laser could be made. All that remained was for someone to accomplish the task.

Unbeknownst to Townes and Schawlow, another Columbia graduate student, Gordon Gould, had figured it out first in an epiphany that came as he was nearing the completion of his doctorate work. He set aside his studies to chase this tantalizing idea that he christened the laser, and once he had committed his revelations to paper, he dated his notebook (Nov. 13, 1957) and had it notarized. In an ironic twist, it had been Townes who advised Gould to protect his ideas by having them formally witnessed.

Less than two months after Townes and Schawlow received a patent based on their optical maser (aka laser) work, Theodore Maiman, a physicist at Hughes Research Laboratories in California, won the laser race. His creation, which relied on a tiny rod of ruby, produced a 10,000-watt beam for a few millionths of a second. Townes, Schawlow, and Maiman were celebrated; Gould received the anonymous honor of having coined the device’s name but embarked on what was dubbed “the 30-year patent war” to establish, and then defend, his place in the laser’s brilliant history. —S.G.S.

2.

A new study found that in women ages 70 to 80, those who exercised and took vitamin D sustained fewer injuries in falls.

***How much vitamin D
IS PROTECTIVE
against injuries,
AND WHAT KINDS OF
exercise help most?***

► SEE PAGE 54 FOR AN EXPERT'S RESPONSE





CELERGEN: Look and Feel Better... *NOW!*

Physicians discuss the personal benefits of in-home cell therapy and why everyone needs it.

For over 25 years Dr. Donovan Christie has been successful promoting wellness through preventative medicine as a medical director and private practitioner in Atlanta. Early on in Dr. Christie's career, a disturbing statistic profoundly influenced the way he practiced medicine.

"The United States accounts for only five percent of the world's population but more than fifty percent of the prescriptions," says Dr. Christie. "We need to get away from being prescription drug-dependent and focus more on the root causes of disease by getting people to commit to a wellness lifestyle."

Using that philosophy as a guiding principle, Dr. Christie founded the ANWAN Medical Wellness Center and the Picture of Health Foundation. He uses his passion for preventative medicine to help patients improve their nutrition, exercise, and stress management. However, some patients of Dr. Christie suffer with ailments, such as arthritis, chronic fatigue, and chronic pain that prevent them from making significant lifestyle changes. That's when Dr. Christie recommends Celergen, an all-natural, Swiss-formulated cell therapy treatment.

Celergen Provides Our Bodies with the Tools Needed to Heal Themselves

Researched and developed by Swiss, French, and German scientists, Celergen was launched into the European market in 2009 with tremendous success and has quickly found similar success in North America since its introduction in 2012.

Celergen's effectiveness stems from innovative advancements in the cell therapy field. Celergen researchers extract essential proteins from marine life living in pollution-free, ocean waters through Swiss Cold-

Process DNA Extraction Technology. This process allows bioactive marine DNA and peptides to repair damaged cells, which in effect reverses signs of aging. The body sends these micronutrients to the areas requiring repair, whether in the joints, blood, brain, or skin.

"I'm very impressed how Celergen benefits patients afflicted with arthritis, chronic pain and fatigue," says Dr. Christie. "One middle-aged gentleman came to us suffering from so much chronic fatigue that it was everything he could do just to leave the house. I recommended Celergen and after just a few weeks of taking it he was signing up for our exercise programs, something he wouldn't even consider before."

Dr. Christie's patients afflicted with age-related ailments now enjoy long-term pain reduction and relief that they didn't think was possible. It doesn't stop there: "I've had lots of folks in their 50s, 60s, 70s, and even in their 80s who experience noticeable visible wrinkle reduction and overall improvement in the condition of their skin. It's proof to me that Celergen indeed fights the aging process and even turns it around."

The Next Big Thing for Those Seeking Optimal Health and Beautiful Skin

Dr. Juan Remos, founder of the Wellness Institute of the Americas in Miami, is discovering equally impressive results since he began recommending Celergen to his patients suffering from loss of energy, sleep-related issues, joint pain and mild depression.

"One of my patients is an accomplished 42-year-old businessman. A few years ago, he felt depressed and apathetic. He used to play golf every chance he could get, but instead he was coming home from work every day and just sitting there, doing nothing." After a thorough analysis and evaluation, Dr. Remos suggested that the man pay a return visit after a two-week, daily regimen of Celergen. "I noticed the difference

the moment he arrived,” says Dr. Remos. “He was a new man with a bounce in his step and a pronounced vitality. And the first thing he wanted to talk about was his latest round of golf.”

With their long years of experience in the fields of anti-aging medicine, wellness, and prevention, Dr. Remos and Dr. Christie have seen their share of new “wonder treatments” come and go. Both were admittedly skeptical when first introduced to Celergen.

“I knew the only way I would ever recommend it to my patients was if I was convinced that it worked, which meant trying it myself,” says Dr. Remos. “I like to think I was already in pretty

good shape when I started taking Celergen. I had no real ailments or complaints, but even then, after a few weeks, the results were fairly striking. I was more focused and energetic. And, all in all, I was happier, with a much more positive attitude than I had experienced in years.”

Dr. Remos is so impressed with the results his patients experience while taking Celergen, he now recommends Serum Royale, a regenerative skin serum that has been clinically proven to reduce fine lines, scars, age spots, and wrinkles: “My patients are experiencing much more energy, decreased joint and bone pain, and better sleep; and with the synergistic combination of both Celergen and the regenerative serum, the skin benefits are outstanding.”

According to Dr. Remos, “Celergen is the best natural treatment that I have come across since I started practicing medicine. It is definitely the next big thing for those seeking well-being and good health.”

WHAT IS CELERGEN?

Celergen is a potent transformative treatment that stimulates the human body's natural healing powers. Celergen Swiss Cell Therapy triggers the repair and rejuvenation of individual cells. One of its key ingredients is a proprietary Cellular Marine Complex. The complex is extracted from the DNA of deep-sea, pollution-free marine life which through nearly 30 years of research is associated with powerful anti-aging properties. Other ingredients include Peptide E Collagen, which reinforces skin elasticity, and Hydro MN Peptide, which plays a critical role in the rejuvenation of cartilage. Unlike other cell therapies which involve injections, Celergen comes in an oral soft gel.

Benefits include:

- **Improved energy levels and stamina**
- **Reduction of wrinkles, scars and age spots**
- **Reduced joint pain**
- **Improved sleep**
- **Reduced pain from osteoarthritis and rheumatoid arthritis**
- **Faster recuperation after exercise**
- **Improved wound healing, skin resilience, tone, texture and overall complexion**
- **Improved blood-sugar control**
- **Enhanced alertness of mind and focus.**
- **Increased sexual performance and satisfaction**
- **Improved blood circulation**
- **Strengthened immune system**

Celergen Reduces the Effects of Aging

Dr. Terry Grossman, medical director and founder of the Grossman Wellness Clinic in Golden, Colorado, is an avid hiker, mountain biker, and horseback rider. For years he was impressed with the results of cell therapy, but like many people, was put off by the idea of injections.

“But when I learned that Celergen had made advancements so that the benefits of cell therapy could be enjoyed in a non-injectable form, it was something I could easily embrace,” says Dr. Grossman. As is typical in his practice, Dr. Grossman tried Celergen for himself before suggesting his patients try it. After taking Celergen for a month, he was amazed at the benefits he experienced.

“Friends I hadn’t seen in a year or so would comment: ‘You look great, so much younger. Did you have laser surgery or something?’ The only thing that had changed in my daily regimen was the addition of Celergen, so I had to attribute it to that.”

Dr. Grossman was also surprised at how much younger he felt with his children and grandchildren through his outdoor recreational pursuits: “I used to try to keep up with the kids and typically that would leave me sore and worn out at the end of the day,” says Dr. Grossman. “But now I am not sore at all. I have much more energy. I feel the sort of stamina I haven’t felt in 20 years.”



“Within a few weeks of taking Celergen, I noticed an overall increased energy level during my rigorous daily schedule along with less joint and muscle aches. My focus and mental clarity has also improved. In addition, my skin texture and elasticity has improved, and my face and neck look firmer and tighter.”

DR. THOMAS TZIKAS
TZIKAS MD FACIAL PLASTIC SURGERY
DELRAY BEACH, FL



“Some of my patients reported improved libido and sexual performance, while others said it helped reduce joint pain and provided a better night’s sleep. Having seen first-hand proof of what Celergen can do, in both myself and my patients, I now know that something remarkable is definitely going on.”

DR. BRUCE LOWELL
LOWELL HEALTH AND LONGEVITY CENTER
GREAT NECK, NY

MYTH:

Any blockage of the coronary arteries requires stents or bypass surgery.

REALITY:

Most significant blockages do not necessitate invasive treatment and may be safely managed with conservative measures.



LET IT FLOW

Sometimes forgoing the knife equals a longer life.

BY FRANK LITVACK, MD ILLUSTRATION BY THOMAS FUCHS



FRANK LITVACK, MD

was formerly a codirector of the Cardiovascular Intervention Center at Cedars-Sinai Medical Center in Los Angeles and Professor of Medicine at UCLA. He is a medical technology entrepreneur and a general partner in Pura Vida Funds, a healthcare hedge fund.

CORONARY ARTERY DISEASE—WITH ITS varied clinical manifestations, including acute heart attack—remains the No. 1 killer of adult Americans. During my 15 years as codirector of interventional cardiology at a major academic medical center, I treated thousands of patients by angioplasty and stent placement and referred hundreds more to bypass surgery. These procedures may be both life-saving and life-enhancing. However, I frequently managed patients who, aware that they had coronary blockage, insisted that a stent be placed. It often took some persuasion to convince them that a blocked artery does not necessarily warrant the use of invasive treatments.

Coronary blockages known as atherosclerotic plaque are a very frequent finding in western countries. Atherosclerosis is a complex disease that can affect any artery in the body and result in the development of various diseases. In cases where coronary artery disease symptoms persist despite the use of medications and lifestyle modification, stents or bypass surgery may be indicated and are generally highly effective.

The dreaded manifestation of coronary atherosclerosis is an acute myocardial infarction (heart attack), yet the presence of a blockage does not imply that a heart attack is imminent. Determining what causes a plaque deposit to suddenly cause a heart attack remains one of the great riddles in medicine. What we do know is that a plaque can become inflamed and rupture inside the artery, exposing fatty and cellular material to the blood flowing within it. The body perceives this as an injury and attempts to repair it by forming a clot on the plaque; it is this acute clot that chokes off blood

flow, causing a true medical emergency. If not opened within a few hours by a stent or clot-busting medication, heart damage or even death can result.

Because we do not understand what causes this transition from simple plaque buildup to ruptured plaque with a clot, there is no specific predictive test to determine if or when a fatty deposit of plaque will rupture. Yet we've found that, counterintuitively, the tighter arterial narrowings are not the most likely to cause an acute heart attack; this dubious honor goes to more modest obstructions. Further, we know that prophylactically stenting stable blockages—although there are exceptions a cardiologist can determine—does not reduce a patient's risk of bad things happening.

Are we therefore powerless to prevent heart attack? Thankfully, no. First, it is helpful to identify those patients who have coronary artery blockages. This not only allows for careful surveillance but also for heightened attention to management. When a patient has coronary disease that is not causing symptoms, we may embark on a program of risk-factor modification, including smoking cessation, dietary changes, blood pressure and diabetes control, and exercise. In addition, a variety of very potent medications can reduce risk: Aspirin and other forms of antiplatelet (clotting) agents are often indicated; statin medication is a mainstay, reducing the risk of an acute event by up to 40 percent; and beta-blockers and ACE or AII inhibitors may also be used. That said, seek immediate medical attention if symptoms present at rest or with less exertion. For most patients with stable coronary disease, however, conservative management works very well, often for many years. ♦

3.

A 30-minute bout of moderate-intensity exercise increased concentration and reasoning ability in the subjects of a new study.

Does that effect last
throughout the day,
or does it happen only immediately
AFTER THE EXERCISE?

► SEE PAGE 54 FOR AN EXPERT'S RESPONSE



“
After a
leisurely
forest bath,
men and
women
showed an
increase in
immunity-
boosting
natural killer
cells in the
bloodstream.
”



NUTURED BY NATURE

Science supports the mind-body benefits of being outdoors.

BY CAROLYN MEERS

“**I**N EVERY WALK WITH NATURE, ONE RECEIVES far more than he seeks.” So said American conservationist and Sierra Club founder John Muir, and myriad studies on the perks of venturing out to enjoy the local flora strengthen his statement. Whether cultivating a garden or meandering down a wooded trail, research shows that there are real, measurable health benefits to spending quality time out-of-doors.

Take, for example, the mental and physical rewards of *shinrin-yoku*, the Japanese term for “forest bathing,” or engaging with nature using all five senses. The evidence of the practice’s health benefits is so strong that the Forest Agency of Japan endorsed it in 1982 as a relaxation and stress-management activity. During a “forest bath,” individuals may observe lush surroundings in a relaxed state for about four hours and walk roughly 3 miles.

Tokyo-based researcher Qing Li, MD, PhD, president of the Japanese Society of Forest Medicine, found that after a leisurely forest bath, men and women showed decreased levels of anxiety, depression, and anger as well as an increase in immunity-boosting natural killer cells in the bloodstream. (These antiviral cells appear to help the body fend off illness, reduce inflammation, and even fight cancer.) Some research credits the natural antimicrobial chemicals secreted by evergreen trees, known collectively as phytoncides.

Bathing in the forest, strolling through the park, or even tending a garden can also provide adequate exposure to vitamin D through the sun's ultraviolet-B rays. "We all spend way too much time indoors in front of computer and cell phone screens," says Denise Sur, MD, vice chair of the Department of Family Medicine at the David Geffen School of Medicine at UCLA. Among her own patients, Dr. Sur has noticed health issues, such as weaker bones from vitamin D deficiency and higher blood pressure, that correlate to excessive indoor activity or prolonged periods away from natural light.

From a mental health standpoint, Dr. Sur touts the value of communing with nature on any scale. "If I am responsible for making a plant flower or producing a fruit or a vegetable, the clear benefit is that I am spending my energy and concentration on something that is very different than what we focus on most days," she says. Although a yard with enough room to garden is not a viable option for everyone, a community garden or a container garden on a balcony or patio are worthwhile alternatives. "Just having a place where you can get away from your work, your computer, and the inside of your house provides the mental benefit of gardening," explains Dr. Sur, who adds that although her older patients are more inclined to garden, a younger generation is cultivating an interest in the activity. The resurgence bodes well for future generations. "If we enjoy gardening and being outdoors, we tend to take our children outdoors, which will encourage them to take note of flowers and plants and teaches them how to take a break from screen time and indoor activities," she says.

Nutritionally speaking, people who garden—or who live with someone who gardens—eat more fruits and vegetables every day, according to survey results published in the *Journal of Nutrition Education and Behavior*. In the study, just 17.8 percent of respondents from non-gardening households consumed fruits and vegetables at least five

times a day, compared to 32 percent of households with a gardener. In addition, family gardeners tended to eat one more serving of fruits or vegetables daily than non-gardeners.

So enjoy the great outdoors this summer: It is an ideal time for a forest sojourn or to take a trowel in hand for a much-needed dose of horticultural therapy. ♦



AWASH IN THE WOODS

LOCATED IN NORTH-CENTRAL ARIZONA AMID WORLD-FAMOUS RED ROCK formations, L'Auberge de Sedona now offers a program to help guests connect with the local wilderness. Launched earlier this year as part of the new L'Apothecary spa menu, the Connecting With Nature forest bathing program (from \$150 per person) provides an energizing guided tour that can range from 60 to 90 minutes and explores the resort's scenic surroundings. "The purpose of forest bathing is to allow the guests to be present and to become aware of the beauty that surrounds them," explains spa director Catherine Powers. "The facilitator engages guests with a series of 'invitations' that allow them to focus on one of their senses," such as the sound of a waterfall or a birdcall. "It allows guests to be present in the moment and to let their stress and worries melt away." A private tour can be arranged, and group sessions can accommodate up to 10 guests. »lauberge.com

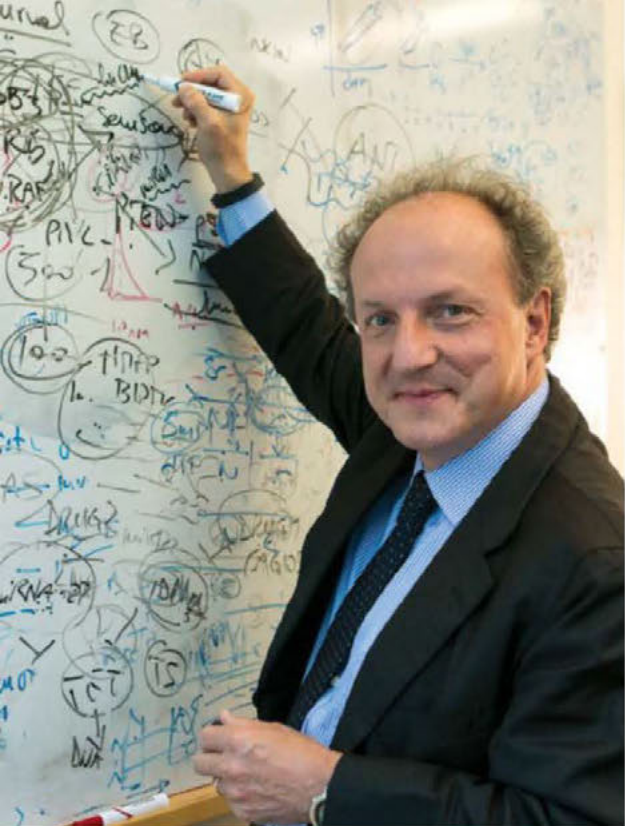
4.

A British Medical Journal study reports that acetaminophen is ineffective in treating low back pain and provides minimal short-term benefit in treating osteoarthritis.

What are my choices
FOR ANALGESICS IF
I have adverse reactions
to ibuprofen?

► SEE PAGE 54 FOR AN EXPERT'S RESPONSE





OF MICE AND MEN

Personalized medicine takes a new approach to curing cancer by creating murine avatars.

BY JANICE O'LEARY

HOUSED IN A RESEARCH BUILDING OF Beth Israel Deaconess Medical Center (BIDMC) in Boston is a hospital within a hospital, one that treats the tiniest of cancer patients: mice. They undergo ultrasounds and MRIs, and receive miniature doses of radiation and experimental cancer medications. Oncology physicians—in particular, cancer geneticist Pier Paolo Pandolfi, MD, PhD, director of the Cancer Center—monitor their scans and suggest alternate therapies to shrink and decimate their tumors.

In another part of the hospital, human patients share the same strains of cancer and their attendant genetic mutations as the mouse avatars, as they are called. Together the human patients and the mice are part of a co-clinical trial to test personalized cancer therapies with the goal of eliminating multiple rounds of medication, each of which can weaken patients.

Researchers at the BIDMC Cancer Center and elsewhere are transplanting cells from a patient's tumor into mice bred to have weakened immune systems so they do not reject the cancer. The idea is

to subject the mouse rather than the human to the rigors of multiple treatments (and the toll that takes), and when the right therapy or combination of therapies works on the mouse, that regimen can be applied to the human. In one London study of 70 cancer patients, the mice accurately predicted how well patients responded to specific drugs about 70 percent of the time.

The drawback to this approach is temporal: The tumor grafts take three to six months to grow in the mice, Dr. Pandolfi says, during which time most patients receive some form of cancer treatment that may or may not help them. Once the tumor successfully grows in the mouse avatars, testing the drugs on the mice can require another four to six months. The benefit of using the mice—or genetically engineered mouse models, GEMMs, in science-speak—is that the testing of drugs can be scaled up and move much faster, Dr. Pandolfi explains. To test “just one agent in humans takes five years of clinical trials. And then you have to redo it all to test a combination of drugs,” he says. “In the meantime, patients keep dying.” But with GEMMs, scientists can test many drugs at the same time by transplanting the same strain of cancer into many mice simultaneously.

“Our hope is that 20 years from now, it is a cancer-free world,” says Dr. Pandolfi. Until then, he is optimistic that this accelerated research will prove that cancer need not be a death sentence.

At the BIDMC Cancer Center, suitable patients are currently recommended by their oncologists to participate in these research trials, which are supported through grants and philanthropy. Patients who have not been entered into the program by their doctors can opt to pay out of pocket for mouse avatars. “If I were to get cancer, this is what I would like to be able to do,” Dr. Pandolfi says. “It could be useful for me, but it is also altruistic and could advance cancer science for the future.”

Cancer patients at other hospitals around the country may also privately purchase mice, which typically cost about \$3,000 per mouse with additional fees for each drug tested on it. The Jackson Laboratory based in Bar Harbor, Maine—a partner of the BIDMC Cancer Center that has a second location in Sacramento, Calif.—offers an approved avatar platform for individual orders. Another supplier of the GEMMs is Champions Oncology in New Jersey, which also has outposts in London and Singapore; it charges \$1,500 to store each tumor sample and \$2,500 for each drug tested on the mighty mice. ♦

FINE GEMMS

Dr. Pier Paolo Pandolfi oversees a clinical trial for cancer therapies in both humans and mice.

“The mice accurately predicted how well patients responded to specific drugs about 70 percent of the time.”



5.

The brains of poor sleepers and those with sleep apnea are more likely to contain abnormalities that are associated with the development of dementia, according to a recent study.

**I HAVE HAD SLEEP
*apnea for years.***

**If I learn to better manage it now,
WILL THAT HELP TO REPAIR
any damaged tissue?**

► SEE PAGE 54 FOR AN EXPERT'S RESPONSE





DOCTOR'S LITTLE HELPERS

*Dr. Michael Roizen recommends
supplements to aid in the prevention of heart
disease, mental dysfunction, and cancer.*



**MICHAEL F.
ROIZEN, MD**

is the chief wellness officer and chair at the Wellness Institute of the Cleveland Clinic. He is author of RealAge and coauthor of the You series of books, corecipient of the 2011 Paul G. Rogers Health Communications Award from the National Library of Medicine, and a member of the Robb Report Health & Wellness editorial board.

WHAT I DO IS AS FUN AS LIFE GETS with clothes on: I get to help people be healthier and live with less disability. At some point during a consult, after we cover fundamental steps to preventing heart disease, cancer, mental decline, and a ballooning waistline, a typical patient might pull out a sack of supplements and ask me, “What do you take, Doc?”

In North America, 93 percent of people do not get even 80 percent of the recommended daily value of nutrients as advocated by the U.S. Food and Drug Administration and the U.S. Department of Agriculture, while 99.9 percent do not get 100 percent of the recommended daily value.

Now before I continue, know that I *am* biased: I chair the scientific advisory board of both the California Walnut Board and a company that produces DHA omega-3. Nevertheless, these are the eight “helpers” or supplements I take and usually recommend to my patients:

1ST HELPER **VITAMIN D2/D3**

MORE THAN 60 PERCENT OF AMERICANS HAVE VITAMIN D levels that fall below the recommended levels of 35 ng/ml and higher that strengthen bones, protect against cancer, and help reverse diabetes. The most natural source of vitamin D is the conversion of inactive vitamin D2 through sunlight, but because of geography and the increased use of sunscreens (a good thing, by the way), most of us do not get the amount we should. Ask your doctor to test your vitamin D levels annually. If you are deficient, find out what dosage of vitamin D supplements you would need to reach a blood level of 40 to 80 ng/ml. Until then, start with 1,000 IU a day.

2ND HELPER **HALF A MULTIVITAMIN TWICE A DAY**

MOST OF US SIMPLY DO NOT GET ENOUGH VITAMINS and nutrients from food. Because the body eliminates many water-soluble vitamins within 12 hours, split your multivitamin dosage to half in the morning and

“Coenzyme Q10 is especially helpful for people who take statin drugs, because statins decrease natural levels of CoQ10.”

half at night. Most people over 50 should not take a multi that contains iron because of cardiovascular complications associated with extra iron. In men over 70, multivitamin use may decrease non-prostate cancer risk by 18 percent.

3RD HELPER CALCIUM CITRATE AND MAGNESIUM

CALCIUM WILL HELP IN A NUMBER OF AREAS, including building bone strength. Since most of us get about half our calcium from food, we need only another 600 mg in supplement form to reach the daily recommended amount of 1,200 mg. Go too high and you risk increasing the chance of prostate cancer and probably breast cancer. Magnesium (300 to 400 mg) decreases the constipation and bloating associated with calcium supplements.

4TH HELPER ASPIRIN

ASPIRIN HELPS PROTECT against nine different cancers—including breast, prostate, colorectal, esophageal, and liver—and maybe stroke, heart attack, impotence, and deep vein thrombosis. The benefits exceed the risks for the typical man over 35 and woman over 45, but check with your doctor beforehand (especially if you do extreme exercise). Drink a half-glass of warm water before and after swallowing 162 mg to help prevent gastric discomfort and bleeding that aspirin can cause, and take tablets that are not enterically coated. Take them at any time you will consistently remember to do so; there is a rebound effect that increases clotting if you forget two days in a row.



5TH HELPER COENZYME Q10

CELL MITOCHONDRIA CONVERT GLUCOSE into electric energy and CoQ10 helps in this process. Taking it as a supplement appears to protect against heart failure and other inflammatory processes by improving the efficiency of the mitochondria. The typical dose is 200 mg a day (100 mg in the morning and 100 mg in the afternoon). I feel—though there is still no really solid data—it is especially helpful for people who take statin drugs, because statins decrease natural levels of CoQ10.

6TH HELPER DHA OMEGA-3

RECENT NEWS ARTICLES HAVE QUESTIONED the efficacy of taking omega-3 fish oils, and the benefits are negligible if you look at predominantly *generic* fish oils that are neither high in ALA or DHA, two of the three omega-3 fatty acids. Most fish oils contain less than one-third DHA and little ALA. It seems, however, that ALA from canola oil, avocados, ground flax, chia seeds, and walnuts (the only nut with appreciable ALA) provides a cardiovascular benefit.

In randomized controlled trials, 900 mg of DHA omega-3 per day aided brain function, and it is one of only five things that have been shown to protect eyes against the first stage of macular degeneration. (The others are the nutrients lutein and zeaxanthin found primarily in green, leafy vegetables; avoiding secondhand smoke; and wearing sunglasses outdoors.)

So avoid generic fish oil or fish oil with predominantly EPA (the third omega-3), because ALA and EPA convert poorly to DHA in the body. Instead, go for 900



mg of DHA a day and 12 walnut halves. You could also eat salmon and ocean trout, the only fish in America that have DHA in appreciable quantities.

7TH HELPER GET ANOTHER ODD OMEGA EVERY DAY

NEW RESEARCH SUGGESTS THAT OMEGA-7S decrease LDL cholesterol, triglycerides, fatty liver, and inflammation marker C-reactive protein. They also improved cells' ability to take in blood sugar in several (admittedly imperfectly designed) studies. My take: A handful of studies are better than none, but we need more human trials before recommending omega-7s unconditionally. They can be found in macadamia nuts, and in supplement form they are



extracted from fish such as anchovies. I take 420 mg of purified omega-7s daily.

8TH HELPER A PROBIOTIC

YOU MAY KNOW PROBIOTICS AS THE GOOD-for-you bacteria found in cultured yogurts. We do not have enough data yet to say exactly which type of probiotic you should take as a supplement, but we do know that the variety of bacteria in the gut is crucial to helping metabolize the substances you digest. If you have more than 4 ounces of red meat, 6 ounces of pork or one egg yolk a week, the bacterial makeup in the gut changes to produce chemicals that contribute to arterial aging—more so than elevated blood pressure or lousy LDL cholesterol—and that increases the risk of heart attack and stroke. I take 4 billion colony-forming units a day.



Now, as their name implies, these recommendations are simply supplements to my complete plan for optimal health, which also involves smart dietary choices, exercise, and stress management. We shall discuss those in future columns. ♦

6.

Johns Hopkins Medicine researchers discovered a new biomarker—the amount of mitochondrial DNA in blood—that may predict frailty and mortality.

HOW CAN I GET MY *mitochondrial* DNA measured?

► SEE PAGE 54 FOR AN EXPERT'S RESPONSE



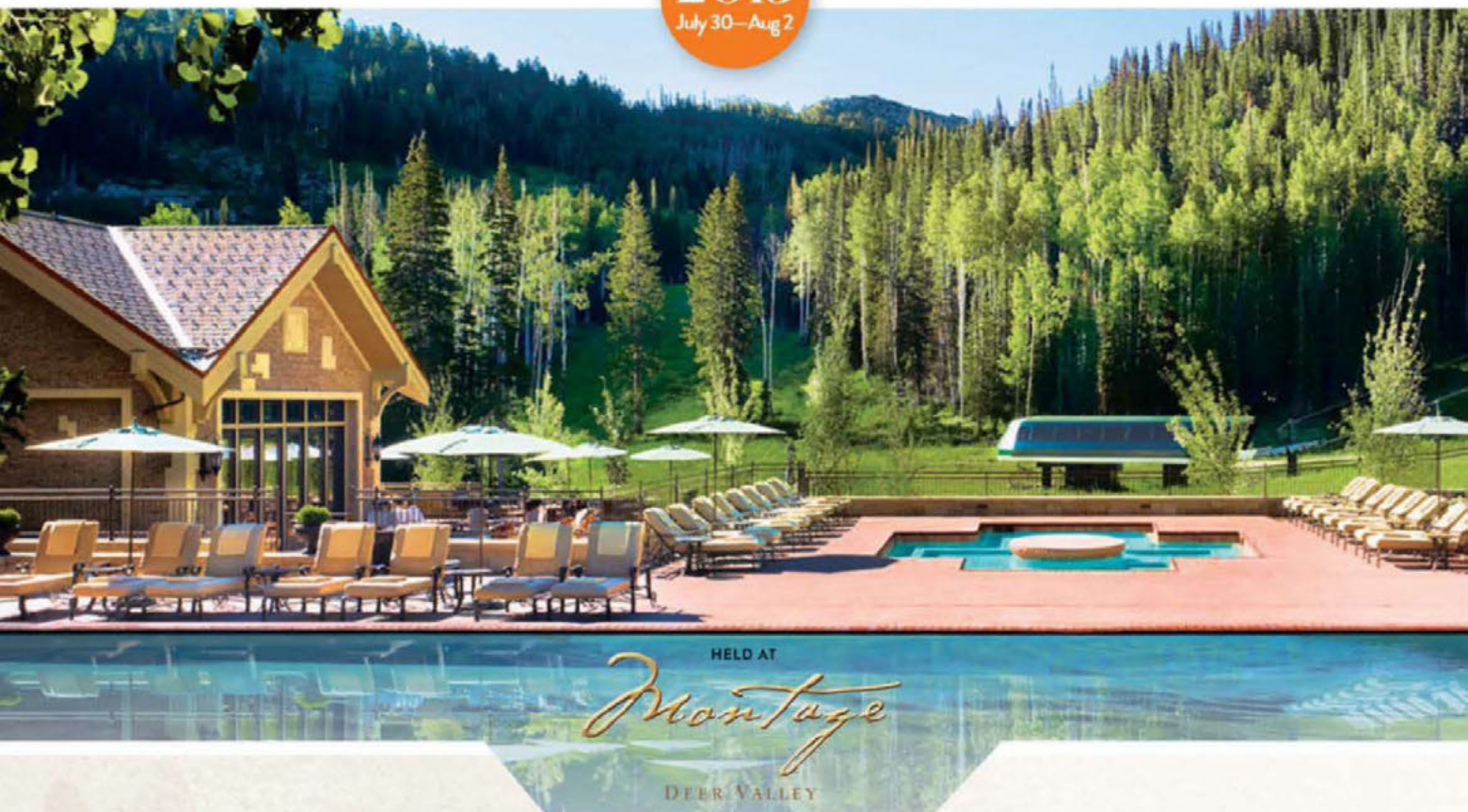


Robb Report

Health & Wellness SUMMIT

2015

July 30—Aug 2



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This summer, from July 30 through August 2, *Robb Report Health & Wellness* invites you to join the first annual Health & Wellness Summit at the Montage Deer Valley in Utah. In a locale renowned for its natural beauty and matchless access to outdoor pursuits, the Summit will explore some of the most promising recent breakthroughs in medicine, from stem cells to brain health to sleep science. The top minds from the finest institutions

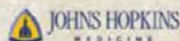
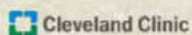
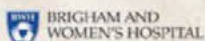
will gather before pristine mountain vistas to raise the conversation about innovations in health to a new level. During seminars, fireside chats, and elegant dinners, guests will have the opportunity to interact directly with the nation's top physicians and medical thought leaders.

The Summit will engage all of the guests' senses in the quest for complete well-being: Vibrant discussions will sate their intellectual curiosity; the inspiring landscape will fan their taste for beauty; and

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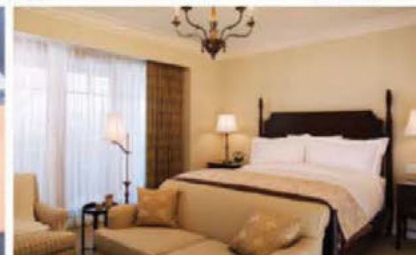
Healthy cooking classes

Boot camp with celebrity trainer **Steve Jordan**

Mountain biking

Guided hiking

Running with Johns Hopkins Medicine
orthopaedic surgeon **Dr. James Ficke**



A FEW OF OUR NOTABLE GUEST SPEAKERS

Dr. Jeffrey Cummings

Neuropsychiatrist and director of
Cleveland Clinic's Lou Ruvo Center
for Brain Health

Dr. Charles Czeisler

Chief of the Division of Sleep
and Circadian Disorders at
Brigham and Women's Hospital

Dr. Donald Hensrud

Medical director at Mayo Clinic's
Healthy Living Program and author
of *The Mayo Clinic Diet*

Dr. Kevin Hill

Director of the Substance
Abuse Consultation Service at
McLean Hospital and assistant
professor of psychiatry at
Harvard Medical School

Dr. Michael Irwin

Board-certified psychiatrist
and neurologist at UCLA
Medical Center

Dr. Lisa Ishii

Johns Hopkins Medicine facial
plastic surgeon and the 2014 winner
of the American Academy of Facial
Plastic and Reconstructive Surgery's
William K. Wright Award

Dr. Alex Judkins

Executive director of the Center for
Personalized Medicine and head of the
Department Pathology and Laboratory
Medicine at Children's Hospital Los Angeles

Dr. Michael Roizen

Chief wellness officer at Cleveland
Clinic and author of *You: The Owner's
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FACE TIME

Top techniques to rejuvenate your visage can help reveal the youthful spirit within.

BY ERIN O'DONNELL

AT A CERTAIN POINT IN ONE'S LIFE, THE LIKENESS IN THE MIRROR MAY NO LONGER RESEMBLE the countenance one wishes to see. If only Oscar Wilde's Dorian Gray could have enlisted the expertise of modern physicians, his tale might have been one of courage and beauty instead of debauchery and cowardice. Then, as now, many of us desire that the face we show others reflects not our true age but how youthful we feel on the inside.

Cosmetic dermatologists and plastic surgeons offer a range of tools to help reverse the effects of time's ever-ticking passage, but many patients are wary after seeing celebrities whose surgery outcomes are rather severe. "I always tell my patients that we are aiming for natural-looking results," says Lisa Ishii, MHS, MD, facial plastic surgeon at Johns Hopkins Medicine. "If anyone [can tell that] you had a procedure, then I did a poor job." H. Ray Jalian, MD, assistant clinical professor in the division of dermatology at the David Geffen School of Medicine at UCLA concurs: "I want patients to look like they had a good night's sleep or went on a relaxing vacation." Here Dr. Ishii, Dr. Jalian, and their colleagues at other top institutions reveal which cosmetic procedures they find themselves performing most and the new ones that are coming into vogue.

1

WHOLE FACE

A FACE-LIFT, OR RHYTIDECTOMY, ADDRESSES sagging in the middle of the face, under the eyes, in the nasolabial folds that connect the corners of the nose to the mouth, and around the jawline.

TREATMENT: In most cases, the surgeon makes incisions on the sides of the face in front of and behind the ears, then gently repositions the superficial musculoaponeurotic system (SMAS), a deep layer of muscle attached with ligaments to the skin. The skin and SMAS are then sutured into position. After the incisions heal, scars are rarely visible, says Steven Jacobson, MD, plastic surgeon and assistant professor of plastic surgery at Mayo Clinic. He adds that surgeons have changed the way they approach face-lifts, with greater focus on shoring up the structures under the skin, compensating for the loss of subcutaneous fat and muscle and any bone wasting. They often add fullness with dermal fillers or fat transplants during surgery. “You do not want patients to look ‘pulled,’ like they have had a face-lift,” he says. “You simply want to make them look like a refreshed, younger version of themselves.” Face-lifts are often performed in combination with neck lifts or eyelid surgeries.

RECOVERY: For a face-lift, about one to two weeks. Up to four weeks for lower eyelid surgery.

FREQUENCY: Usually only once every 10 years.

2

JOWLS/DOUBLE CHIN

NONSURGICAL OPTIONS MAY ADDRESS THE earliest signs of loose skin around the chin and neck.

TREATMENTS: Thermage is a radiofrequency procedure that uses electrical current to deliver heat deep into the skin. The current heats and shortens collagen fibers, which is designed to tighten the skin, Dr. Jalian says. The procedure is “relatively uncomfortable”

and provides a small amount of tightening in some patients, he adds. Ultrasound procedures like Ultherapy target muscle under the skin on the chin to stimulate collagen growth. Again, the results are “pretty subtle,” Dr. Ishii says, but may help patients for whom surgery is not an option.

Jay Austen, MD, chief of plastic and reconstructive surgery at Massachusetts General Hospital, says he is watching development of a new product known as ATX-101, a patented formulation of deoxycholic acid in late-stage clinical trials. Produced by Kythera, ATX-101 or Kybella is injected under the skin, where it is said to dissolve the fat that contributes to a double chin. The product has just been approved by the FDA for use under the chin, and “the jury is still out on how and where it will be most effective, but the studies for the FDA are promising,” he says.

If patients want particularly dramatic results in the neck and chin area, neck lift surgery, also known as a lower rhytidectomy, may be best. The surgeon typically makes incisions under the chin and around the ears, and may use liposuction to remove excess fat from the area. The deeper, drooping tissues of the neck are then elevated to their natural position with sutures and excess skin is removed. “These operations are not about pulling the skin tight,” Dr. Austen says. “The best results are very natural and rejuvenating.”

RECOVERY: Between two and five days for both Thermage and ultrasound therapy for the reduction of redness and swelling post-procedure. Usually a few weeks for neck lift surgery.

FREQUENCY: Nonsurgical options are typically performed every few years to maintain results. A neck lift usually is not repeated for 10 years or more.

3

EYELIDS AND BROWS

EYELID LIFTS, OR BLEPHAROPLASTY, CAN address sagging skin on the upper eyelids that creates a tired, stern look, or bulging “bags” under the lower lids.

TREATMENT: On the top lid the surgeon removes excess skin and fat, hiding the incisions in the lid crease. Lower lid “bag” problems emerge when the fat surrounding the eyeball begins pushing through weak tissues, a condition that “frequently is genetic,” Dr. Ishii says. Surgery may involve a transconjunctival incision, made inside the lower lid, to remove extra fat. Excess skin may be a problem here, in which case it is also removed. Patients often undergo upper and lower lid lifts at the same time.

A brow lift can address forehead wrinkles and sagging brows. The surgeon makes several small incisions in the hairline, or one incision across the top of the head, and “lifts” the forehead to smooth wrinkles before suturing the tissues back in place.

RECOVERY: An eyelid lift can be done in the office with a local anesthetic and requires a week of recovery time. A brow lift is typically performed in the OR and recovery takes 10 to 14 days.

FREQUENCY: Patients usually need blepharoplasty performed only once. A brow lift typically is not repeated for 10 years or more.

1

FINE LINES AROUND THE LIPS

WOMEN WITH FINE VERTICAL LINES AND skin discoloration from sun damage may see improvement with fractional laser treatments like Fraxel.

TREATMENT: This device uses microscopic lasers to create “tiny columns of injury surrounded by normal skin,” Dr. Jalian says. The combination of healthy and injured cells causes skin to heal rapidly, and the body responds by “pushing out pigment,” he says, fading discoloration. In the months after the procedure, skin reacts by producing new collagen, giving it additional elasticity.

RECOVERY: Three to seven days.

FREQUENCY: “Certain procedures—say, Botox—are like oil changes that you perform three times a year,” Dr. Jalian says. “Fractional laser treatments are like 25,000-mile tune-ups.”



3

1

1

2

5

CHEEKS

PHYSICIANS USE LASERS TO REMOVE THE brown spots or liver spots officially known as lentigines, usually caused by a combination of sun exposure and genetics.

TREATMENT: These concentrated beams of light target melanin pigment in the skin, and can provide results with as little as 30 seconds of treatment.

RECOVERY: The treated area becomes “a little red and crusty, and will darken and peel off in about a week’s time,” says Dr. Jalian.

FREQUENCY: Can be performed annually.

6

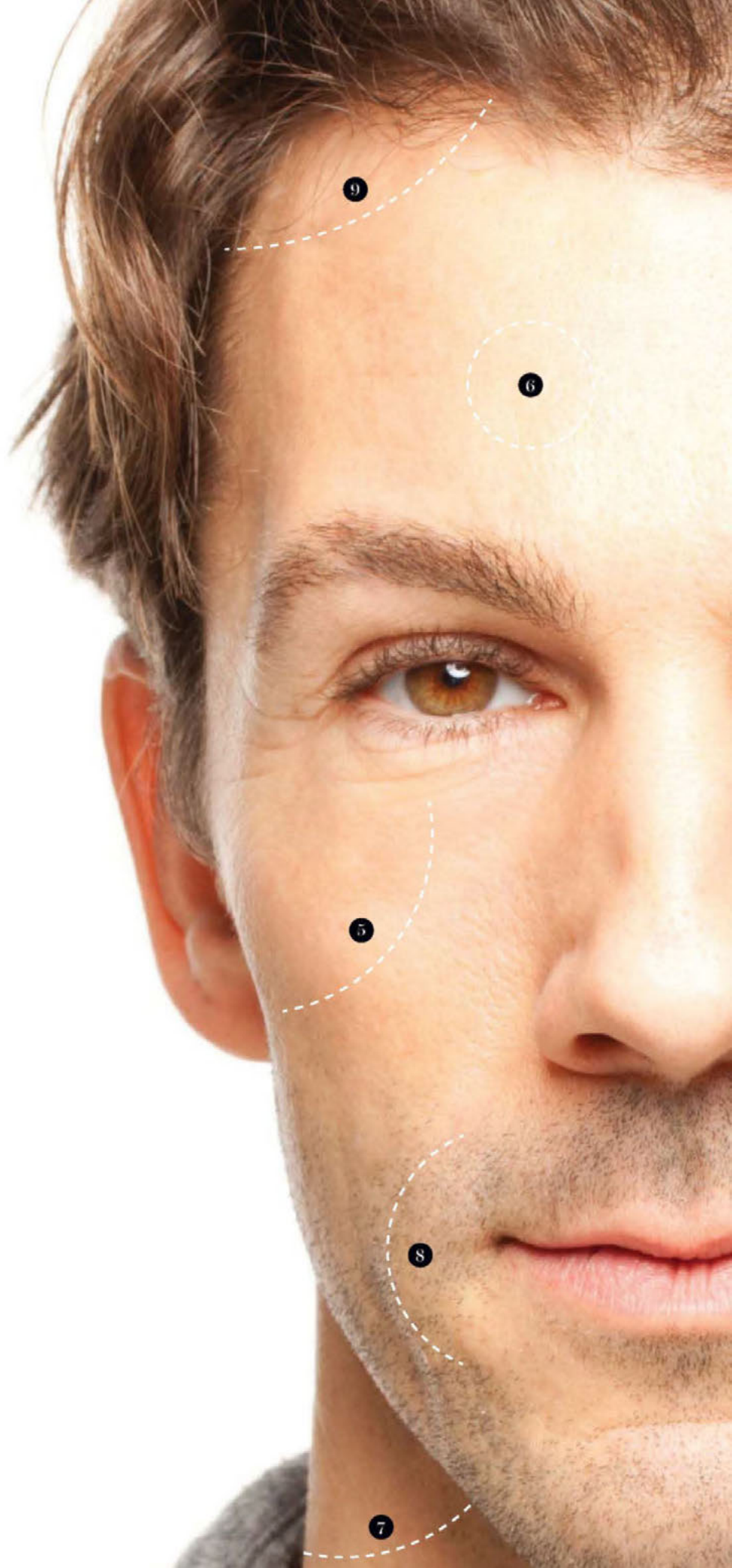
FOREHEAD

FOREHEAD WRINKLES AND CROW’S FEET are among the most common problems male patients ask to address, Dr. Jalian says. Caused by muscle movements below the skin—say, the brow furrowing triggered by deep thought—wrinkles on the forehead and between the brows respond well to injectables such as Botox.

TREATMENT: A toxin produced by the bacterium *Clostridium botulinum* is injected into the skin, paralyzing the muscle below. The muscle can no longer contract, causing those wrinkles to relax. The procedure usually consists of five to 10 injections depending on the site and takes about five minutes. The forehead typically requires more injections than crows’ feet.

RECOVERY: “We inject a small amount of fluid with a very, very tiny needle, and patients can go back home or back to work immediately,” Dr. Jalian says. The injection may rarely cause mild bruising.

FREQUENCY: When the toxin takes effect after about a week, wrinkles soften and the results last for roughly three to four months. Some physicians ask patients not to fly the day of the procedure, but “I see no clear evidence for this,” Dr. Jalian says, and Dr. Ishii agrees.



7

EARS AND NECK

LASER HAIR REMOVAL CAN HELP MEN WITH dark, coarse hair on their ears (a tough-to-shave spot) or unattractive, painful neck bumps caused by shaving ingrown hairs.

TREATMENT: The procedure sends highly concentrated light into the hair follicle, damaging it and preventing future hair growth.

RECOVERY: The process involves four to eight treatments depending on the patient's hair and skin type, and the treatments are usually four to six weeks apart, Dr. Jalian says.

FREQUENCY: "Those who complete this series can expect a roughly 60- to 90-percent reduction in hair that can last five or more years," he adds. In some cases the hair removal is permanent, but other patients may need maintenance treatments.

8

"PARENTHESES"
FROM THE NOSE
TO THE MOUTH

MANY PATIENTS ARE TROUBLED BY THEIR nasolabial folds or the lines that run from the corners of the nose down to the mouth.

TREATMENT: Fillers made with hyaluronic acid (with brand names such as Restylane and Juvéderm) can be injected into the area to add fullness and soften wrinkles, a process that takes minutes and provides immediate results. Hyaluronic acid is naturally present in the body—"it is like the Jell-O of our skin,

giving it buoyancy," Dr. Jalian says—but the substance is lost with age.

Recently introduced products incorporate lidocaine, a local anesthetic, to reduce potential discomfort during the injections. If patients like how they look with hyaluronic acid fillers, they might try newer, longer-lasting products such as calcium hydroxylapatite (known as Radiesse) or poly-L-lactic acid (brand name Sculptra), which produces results gradually and can involve three or more treatments.

RECOVERY: With hyaluronic acid injections, downtime is usually no more than a couple of days. If a patient dislikes the result, his physician can inject an enzyme to dissolve the filler. "It is completely reversible in 48 hours," Dr. Jalian says. These injections may cause bruising, which may take up to two weeks to fade, adds Dr. Jacobson.

FREQUENCY: Hyaluronic products are popular because they provide predictable effects. Those such as Juvéderm and Restylane can last six to 18 months, Radiesse can last 12 to 16 months, and "a product like Sculptra will stick around for a few years if patients go through the full treatment course," says Dr. Ishii.

ALTERNATIVE TREATMENT: Instead of fillers, some plastic surgeons use the patient's own fat cells as autologous fat grafts. The fat is harvested with liposuction or syringes from areas such as the flanks or love handles, immediately prepared, then injected into the patient's face to create fullness or to smooth wrinkling. Hyaluronic acid fillers are reabsorbed by the body and completely disappear

over time. In contrast, successfully transferred fat cells stay in place and in most cases eventually regenerate, says Dr. Jacobson. Some fat cells are reabsorbed in the weeks after injection, reducing fullness, but the procedure has been refined to increase predictability and the percentage of fat cells that take, he adds.

While surgeons have used fat grafting techniques for many years, "it is one of the most rapidly growing areas in plastic and reconstructive surgery," says Dr. Austen, with physicians discussing new ways to use fat for a wide range of cosmetic and reconstructive procedures.

RECOVERY: Up to two weeks for larger-volume fat grafts.

FREQUENCY: Once every few years.

9

HAIR LOSS

FOR MEN AND WOMEN COPING WITH HAIR loss, Dr. Ishii performs micrograft hair transplants, which she terms "hair redistribution."

TREATMENT: She numbs the scalp with lidocaine and takes individual hair roots from a donor area on the patient's body, most commonly the back of the scalp or sometimes the chest or back, and transplants them in bald areas. The process is "very tedious" and takes several hours, Dr. Ishii says. (The average man with male pattern hair loss requires 2,000 individual hair grafts, while women usually need about 1,000.) "It is a long procedure, but it is worth it because the results are really fantastic," she says. "The hair grows just like it grew in its original location." In typical cases, just 5 to 10 percent of grafts fail to take.

RECOVERY: Dr. Ishii recommends that patients take a week off work after the procedure. "It is not uncommon to get a fair amount of swelling, because you can imagine that it is quite traumatic to poke 1,000 to 2,000 holes in your scalp," she says. Yet few patients need pain medication after the procedure.

FREQUENCY: One time typically, although patients may need to repeat the procedure if their first took place in their 20s to 40s. ♦

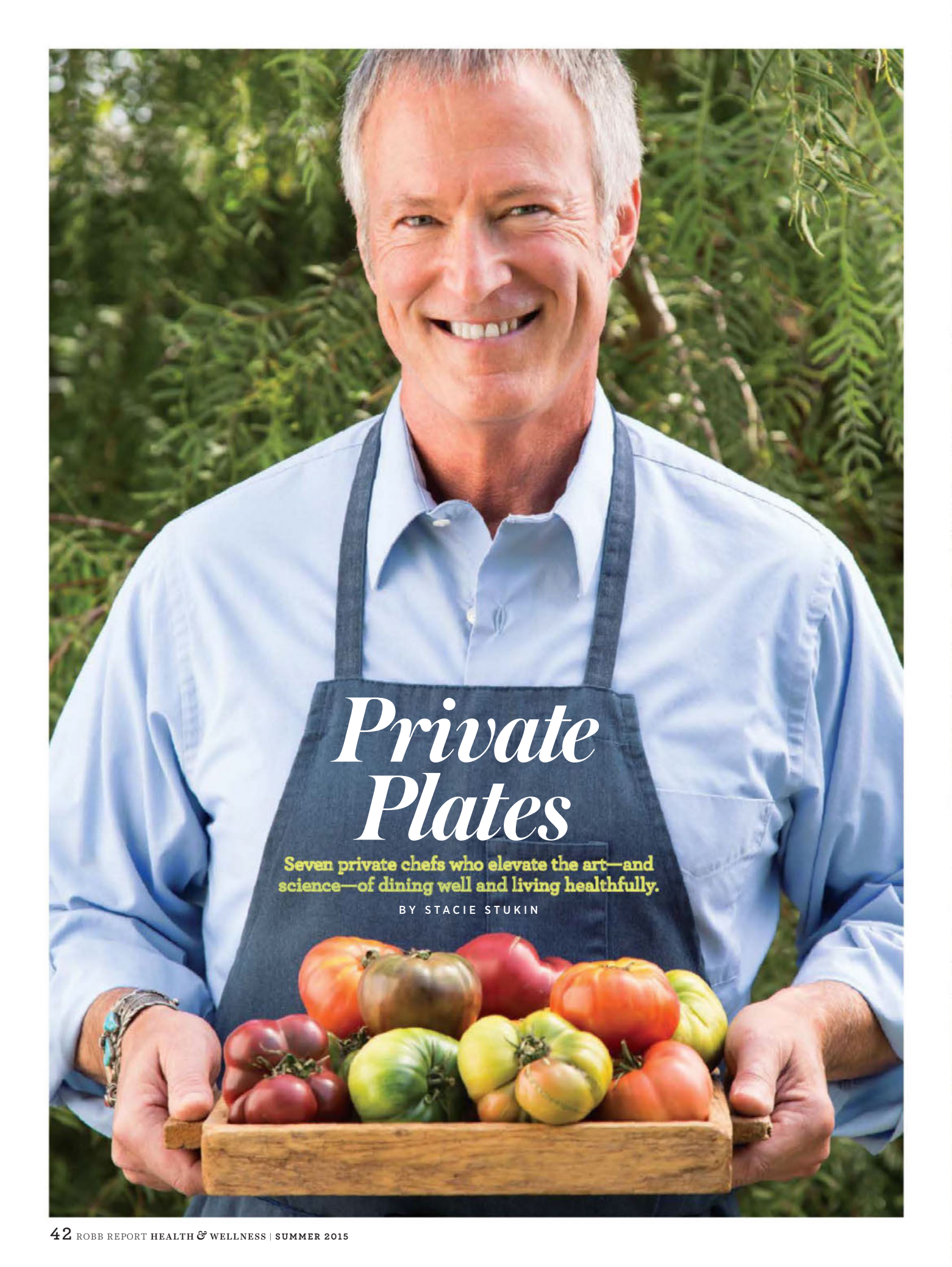
THE EXPERTS

JAY AUSTEN, MD, chief, plastic and reconstructive surgery, Massachusetts General Hospital

LISA ISHII, MHS, MD, Johns Hopkins Medicine facial plastic surgeon, and associate professor of otolaryngology—head and neck surgery, Johns Hopkins School of Medicine

STEVEN JACOBSON, MD, plastic surgeon, assistant professor of plastic surgery, Mayo Clinic

H. RAY JALIAN, MD, assistant clinical professor, division of dermatology, David Geffen School of Medicine at UCLA

A full-page photograph of a middle-aged man with grey hair, smiling warmly at the camera. He is wearing a light blue button-down shirt and a dark blue apron. He is holding a wooden crate filled with various heirloom tomatoes in both hands. The background is a soft-focus green garden. The title 'Private Plates' is printed in a large, white, serif font across the center of the image, overlaid on the man's apron.

Private Plates

Seven private chefs who elevate the art—and science—of dining well and living healthfully.

BY STACIE STUKIN

LOCAL FLAVOR

Among the healthy offerings from Los Angeles chef Neil Zevnik (opposite) are fresh, new twists on scallops and insalata caprese.



Mango, red onion, and cilantro relish

Blood orange reduction

Grilled scallops with lemon olive oil

Crisp-tender grilled corn and asparagus

Heirloom tomatoes, mozzarella, and lemon basil caprese salad

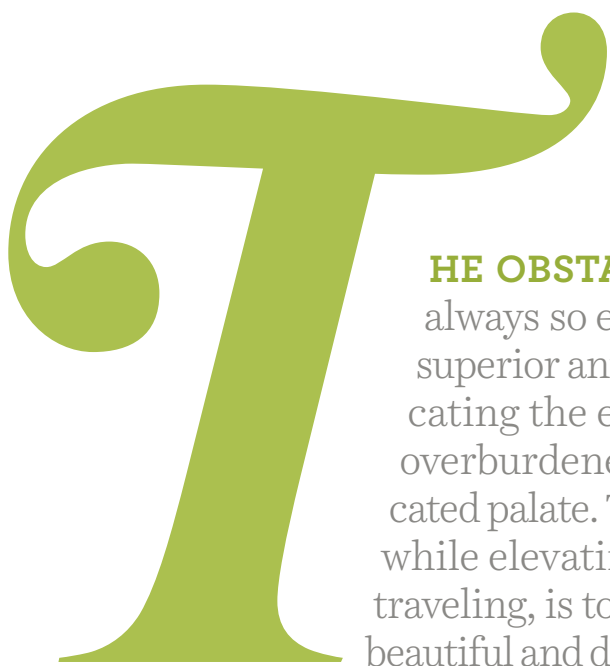
photographs by LISA ROMEREIN

food styling by KAREN GILLINGHAM prop styling by ALICIA BUSZCZAK



FARM TO TABLE

The private chefs featured here allow the food's essence to shine through in their dishes, customized to optimize their clients' well-being (opposite).



THE OBSTACLES TO HEALTHFUL EATING ARE NOT always so easily overcome as learning which foods offer superior antioxidant power or bestow more fiber. Complicating the equation much more often are the crunch of overburdened schedules and the standards of a sophisticated palate. The simplest way to vanquish one's lack of time while elevating the gourmet experience at home, or even traveling, is to enlist the help of a private chef who can craft beautiful and delectable, yet also salubrious, meals. ¶ Christian Paier—whose company, Private Chefs Inc., is one of the premier agencies placing chefs in homes all over the world—says those in the highest demand cook healthy food that is both nutritious and satisfying, which calls for organic, farm-fresh ingredients and low-sugar, low-fat preparations with an emphasis on whole foods and grains. “Whether a client is an athlete or a businessperson, it is important that he or she be healthy and at a peak level of performance,” Paier says. “A private chef affords that guarantee without having to think about it.” These seven top chefs are keeping their clients’ diets both clean and delicious.

THE ENTERTAINER

Nina Cioffi

FLORIDA AND THE HAMPTONS

WHEN NINA CIOFFI TOOK HER LEAVE OF THE WORLD OF RESTAURANT management 15 years ago to pursue a career as a personal chef, the culinary landscape looked vastly different from today's. “I used a lot of simple sugars, white flours, traditional starches, and sauces,” she says. “Now, I very rarely cook in the French style. I am cooking a lot lighter, in line with the Mediterranean diet.” That means

she never fries food and utilizes an array of raw ingredients, grains like farro, and plant proteins like quinoa. “We have seen so many diet trends—Atkins, South Beach, now Paleo—but the best way to combat aging and stay healthy is through commonsense cooking,” she adds.

Cioffi has helped clients recover from heart surgery and introduced them to low-fat, low-salt dishes like pan-seared snapper or sea bass with a vegetable ragout, and she can prepare low-cholesterol and low-glycemic dishes. Her credo? The simpler, the better. For lunch she might serve a local fish with kale or bok choy, and for dinner a fresh vegetable soup might precede a grass-fed steak grilled with her own coffee dry rub that is light on salt but robust with flavor.



*"The preparation of good food is
merely another expression of art, one
of the joys of civilized living..."*

—DIONE LUCAS, BRITISH CHEF AND FOOD WRITER



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FROM THE CHEFS

Anticipating her clients' snacking urges can help prevent unnecessary indulgences, so Cioffi always ensures a handful of raw almonds or gluten-free bruschetta is available. "I have it all prepared and ready to eat," she says.

Helping clients adopt healthier eating habits not only challenges Cioffi's culinary creativity but also enables her to leverage her restaurant management skills and take charge of the entertaining. Whether she is cooking for two or entertaining a party of 100, she can arrange floral centerpieces and the table settings, as well. "It is all part of the bigger entertaining experience, and I enjoy that a lot," she says. "Taking care of my clients is a labor of love." >> chefninac@gmail.com

THE COMMANDER

David Long

SAN DIEGO

"HYDRATE, HYDRATE, HYDRATE—THAT IS MY MANTRA—AND choose good carbs to give your body enough energy to stay ahead of the game," says David Long, a former Navy SEAL who attended culinary school after serving in the military. Those two nuggets are his nutrition takeaways. While his clients may not be operating at Navy SEAL performance levels, he has developed a niche cooking

“One cannot think well, love well, sleep well, if one has not dined well.”

—VIRGINIA WOOLF, A ROOM OF ONE'S OWN

for motorsport athletes and golfers like Phil Mickelson.

Known for what he calls “fancied-up dude food,” Long favors grass-fed meats, omega-rich salmon, kale, Swiss chard, and fat-free sauces like his “green jacket” chimichurri: a combination of finely blended garlic, green onions, cilantro, parsley, and lime juice. “It is green, it has some sheen, and adds lots of flavor without any oil,” he explains. That is not to say Long shies away from fat entirely. “Fat moves flavor around the palate, which makes food satisfying. Our bodies need good cholesterol, too,” he explains. So a salad dressed with hazelnut oil and lime juice sharpens the taste of vegetables, or a dab of bacon fat rubbed atop a piece of fish is a nice surprise that adds satiety.

When working with golfers, Long feeds them as he does any other athlete with an emphasis on maintaining stable blood glucose levels for focus and stamina. That starts with a breakfast of complex carbs like steel-cut oatmeal with raisins and berries, snacks such as trail mix or homemade granola bars, and dinners with lean protein (fish or chicken) accompanied by steamed vegetables, brown rice, and maybe just a dab of butter for a satisfying finish.

Long’s diet is not much different. “A lot of people think private ‘cheffing’ is an easy gig,” he says, adding that it is a physically demanding vocation in which chefs spend a lot of time on their feet without the resources of a restaurant staff to get the job done. “But I really enjoy cooking. For me, it can be a great stress reliever.” For his clients, the stress relief comes from eliminating the decision-making, preparation, and worry about what they consume.

» privatechefsin.com



VANILLA'S NICE

Zevnik created a berry compote (above) whose core flavors rely on yogurt with fresh vanilla bean (opposite).

THE GLOBAL GOURMET

Randy Placeres

ASPEN, NEW YORK, PALM BEACH

RANDY PLACERES' FIRST PRIVATE client was a vegetarian who also wanted a low-fat, no-sugar plan that provided enough fuel for a daily run, bike ride, or swim. Immediately, Placeres received an education in the art of healthy cuisine. “He was very disciplined, and he wanted to put only healthy food in his body,” Placeres says.

At the time, Placeres resided in Hawaii, where he had worked at Hawaiian regional restaurant Roy’s in Honolulu and was also influenced by chef Alan Wong. There he incorporated Asian- and island-inspired essences, and they remain the backbone of his cuisine. He creates light flavor profiles that often showcase his favorite ingredient, fresh ginger (for its anti-inflammatory qualities), or the tropical delight of coconut oil (for its healthy fats, high smoking temperature, and delicious flavor).

Placeres prepares meals for his two daughters much like he cooks for his clients. A favorite is his “magic sauce,” which blends ginger, agave, vinegar, and sweet Thai chili with grapeseed oil for what he describes as “a little acidity, heat, and sweetness.” Or he may forage porcini mushrooms in the hills above Aspen and cook them with fresh-picked homegrown herbs, roasted garlic, and white wine. His pantry and produce staples are rice, buckwheat soba noodles, watercress, arugula, and tons of herbs, with fresh fish and organic meat that is sustainable and, whenever possible, local.

“Sure, I can make a great French meal and I often do for special occasions, but that kind of eating can take a toll,” he says. “A lot of my clients want to live longer. Wealth is wealth, but health is definitely wealth, too.” » randyplaceres.com

FAVORED
INGREDIENTS

COCONUT OIL

Adds a tropical tone to any dish and is valuable for its healthy fats and high smoke point (of about 350 degrees) when sautéing vegetables.

—RANDY PLACERES

SWEET
POTATOES

Have one-third fewer calories than white potatoes and are packed with vitamin A. I use them in soups, hash, purées, sauces, and even as a background flavor in veggie burgers.

—SCOTT WUENNEMANN



QUINOA

Has been eaten as a breakfast cereal by porters at the base of the Andes for centuries. This superfood is one of only two grains that are complete proteins. The other is amaranth.

—DAVID WELLS

THE ARTISTE

Cynthia Walt

MANHATTAN AND THE HAMPTONS

THERE WAS A TIME IN CYNTHIA WALT'S LIFE AS A private chef when she was hired to trail a high-profile film producer all over New York City. She prepared three meals a day and collaborated with his doctors to keep him on track with his weight-loss and health goals. "Sometimes he was irritated to see me because that meant he had to eat well, but I liked the challenge of making meals that were restricted yet still delicious," she says.

Walt established her reputation as a healthy cuisinier when she served as executive chef at the Vail Mountain Lodge restaurant Terra Bistro. There she developed her taste and talent for preparing haute, organic spa cuisine, and she describes her approach as "casual and flavorful" with an artistic eye. "I am also a painter and a sculptor, so I am always thinking about how the food looks and the colors on the plate," she says. Her multihued style also ensures greater nutrition, as a more colorful plate reflects an antioxidant- and vitamin-rich diet.

Walt's clients often have their own vegetable gardens, making the sourcing of fresh, colorful produce a snap, and she can suggest crops for the grounds staff to cultivate. What is not grown on site, she will procure from farmers' markets. "Instead of accenting dishes with high-calorie indulgences, I prefer to showcase what is in season, such as flavorful plump berries or vine-ripened tomatoes," she says.

She also pays close attention to portion size, with an emphasis on abundant vegetables accompanied by 4 to 6 ounces of protein. A grilled halibut served on a smashed pea purée might pair with roasted carrots and zucchini or a raw shaved fennel or Brussels sprouts salad. For dessert, she might bake a fruit galette made with a whole-wheat flour crust or a small slice of flourless chocolate cake that substitutes coconut oil for butter. "Everyone enjoys dessert; I just make sure the flavor is intense so a little goes a long way."

Walt's goal: clients who feel sated after a meal, not leaden and heavy. "I do not want them to take a nap after a meal. I want them to feel good," she says. "My clients have eaten in the best restaurants all over the world, so when they are at home, I keep it fresh and clean using the best ingredients prepared skillfully." » urbancooking-solutions.com

THE EPI-CURE

David Wells

SILICON VALLEY

CHEF DAVID WELLS RIDES ALONG THE BLUFFS OF Santa Cruz on his unicycle not because he has circus aspirations, but because it keeps him in tip-top shape. Wells, who is also a certified fitness trainer, has cooked for the late Steve Jobs, George Lucas, and other Silicon Valley magnates. Long ago he eschewed Hollandaise and foie gras and developed a taste for nutrient-dense, quality food. "I now avoid all those ingredients I was taught to use in culinary school. It was great to learn, but eventually I felt I was hurting people," he says.

His healthful culinary epiphany came 15 years ago when his mother was diagnosed with ovarian cancer. He found that oncologists were wary of dispensing nutrition advice. Searching for a way to nourish her during chemotherapy, he studied nutrition and began working with physicians to develop nutritional guidance programs for patients and their caregivers. His mother survived, and "I realized food could be a powerful vehicle," Wells says. "Learning how best to do that for her and others became my passion." His main tenets: Limit meat and dairy intake, avoid processed sugars, choose whole-food sources of complex carbohydrates, and combine them with raw, enzyme-rich phytonutrients.

The results are bright dishes such as a raw shredded-carrot salad accented with dried currants, scallions, toasted almonds, and cilantro or a satisfying quinoa tabbouleh with lemon, mint, parsley, tomato, and cucumber. That does not mean he avoids the likes of béchamel completely; he will just tweak it by substituting celery root or parsnip purée for cream and butter. "Everything I do is technique-driven," he says. "Select the right ingredients and use them in an artful way, and a chef can elevate flavor without all the fat and empty calories. Cooking is as much a science as it is an art." » privatechefsin.com

THE MODERNIST

Scott Wuennemann

WASHINGTON, D.C., MANHATTAN, THE HAMPTONS

WHEN INVENTOR NATHAN MYHRVOLD COAUTHORED *Modernist Cuisine: The Art and Science of Cooking* in 2011, Scott Wuennemann was already experimenting with the molecular gastronomy techniques that brought acclaim



“Cooking nutritious food has become a valuable commodity.”

—NEIL ZEVIK, PERSONAL CHEF

THE LOCAVORE

Neil Zevnik

LOS ANGELES

SOUTHERN CALIFORNIAN NEIL ZEVIK BEGAN HIS career managing restaurants and cooking for caterers; he never set out to be a private chef. But when the opportunity arose to work for Elizabeth Taylor, he took it. “I got 30 pounds off her in 3 ½ months to get into that yellow dress for the Oscars [when she received a humanitarian award in 1993],” says the self-taught chef. “There is truly no secret to weight loss: It’s all about sensible eating, exercise, and the willpower to do it.” Of course, willpower gets a friendly boost when a professional serves only savory and healthy dishes.

That no-nonsense approach has earned him positions in the homes of ambassadors, Hollywood celebrities, and Fortune 500 CEOs. “It is about focusing on the beauty and quality of ingredients,” he says. He cooks in a style that reflects the convergence of the slow food and environmental movements. “I am a proponent of animal rights, but I am also an omnivore, so if I am going to use animal products, I pay attention to whether they were treated humanely,” he says. “If I buy organic produce, I make sure it is locally grown and not flown in from Peru or Chile.”

A typical dinner features protein—blackened Arctic char, for example, served with a cucumber relish seasoned with chives, mint, and sorrel harvested from his home garden and served alongside roasted carrots with a tad of spicy orange thyme. “I try to keep it light and clean but add bright flavors that keep the tastebuds interested,” he says. He exchanges simple carbohydrates like pasta for grains such as spelt and barley that he may pair with wild mushrooms and toasted walnuts.

When Zevnik first began working as a private chef, “health food” was not the realm of haute home cuisine. Now, he says, “Cooking nutritious food has become a valuable commodity in the private cooking world, and I feel lucky that I get to pursue my personal passion to eat healthfully through my work.” But ultimately, “the appropriate thing to prepare is what the client wants.” Increasingly, those desires dovetail with his own zest for healthy, gourmet cuisine. >> neilzevik.com ♦

to chefs such as Ferran Adrià in Barcelona and Grant Achatz in Chicago. Myhrvold’s encyclopedic approach was a user-friendly primer that inspired Wuenemann to refine his own techniques and put them into practice.

His modernist skills create such outcomes as foams, caviar-like spherification of just about any liquid, and ultra-tender meat and fish prepared sous vide (vacuum sealed and cooked at precisely controlled temperatures). “In classical cooking you need eggs, cream, and plenty of fat, but the modernist approach lends itself to being healthy with techniques that infuse light, bright, crisp flavors without a lot of fat. It also helps introduce new textures to pure, nutrient-rich ingredients like vegetables and raw juices,” Wuenemann explains.

For a chef who studied architecture and photography, the functional craft of modernist cooking appeals to his creativity and reinforces a philosophy of healthy cooking that emphasizes moderation, portion control, and plenty of ingredient variety. This straightforward approach has attracted high-profile clients, like Washington Redskins owner Daniel Snyder, who want impressive dinner party menus but everyday healthy meals, too. Wuenemann has also partnered with physicians and nutritionists at the Cleveland Clinic to develop a meal plan for an obese client that helped her lose weight.

“People need comfort foods to live well. To think you can omit everything unhealthy from your diet and be happy is crazy,” he says. “My job is to expand my clients’ palates so they crave foods that taste delicious but benefit them, too.” >> privatechefsin.com

FAVORED INGREDIENTS



FRESH GINGER

Lends itself to everything from Meyer lemonade to Asian marinades and vegetable terrines to lamb stews and roast chicken. Its anti-inflammatory effects contribute to cancer prevention and boosting the immune system.

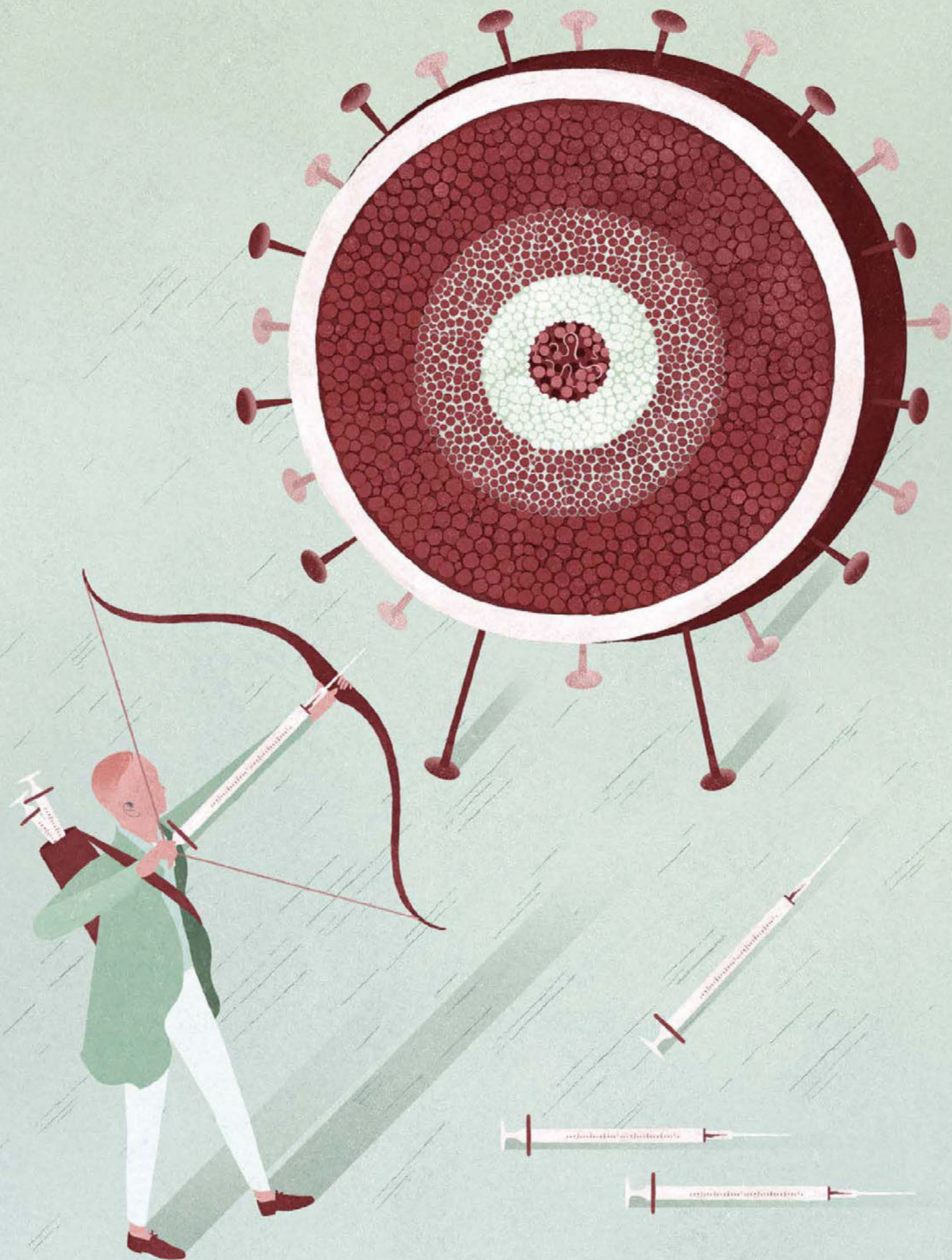
—NEIL ZEVIK



LEMON ZEST

Adds a lift to dishes without the acid of the juice and does not discolor other ingredients used in a dish.

—CYNTHIA WALT



From Adversaries to Allies: Bacteria and viruses are two improbable but powerful weapons being tested in the targeted war on cancer. By Sarah Zobel

CANCER CELLS ARE CLEVER. Researchers characterize them as wily, smart, sneaky, and stubborn. But what cancer cells are not is impervious to damage and even death by targeted assault, which is why chemo- and radiation therapies can be so effective: They use chemical concoctions and X-rays, gamma rays, or charged particles to directly attack tumors. Yet those treatments cannot distinguish between cancerous and healthy cells, and ensuring they hit only their intended marks is challenging even with focused radiation. Further, the side effects that accompany both therapies are legion. Excising tumors also has mixed success, since any stray cells left behind can and often do regenerate. With human cancers having such extensive heterogeneity, it is unlikely there will ever be a single agent or even two that will eradicate all of them.

One novel option, immunotherapy, engages the body's own immune system to confront the disease. Immunotherapeutic drugs attach to cancer cells, rendering them visible to the immune system, or block growth signals that would otherwise allow tumors to increase in size. The earliest studies proved successful in treating breast cancer and non-Hodgkin's lymphoma, and in March of this year the first immunotherapeutic drug to treat a pediatric cancer—neuroblastoma, which develops from immature nerve cells—was approved by the U.S. Food and Drug Administration.

“Immunotherapy is very exciting, but it is not perfect yet,” says Robert Seeger, MD, director of the Cancer Research Program, Saban Research Institute, Children's Hospital Los Angeles. “None of this is a 100-percent cure. There are all kinds of escape mechanisms; cancer

is pretty sharp. Nevertheless, immunotherapy is now one of the components of treatment for some cancers.”

Researchers have taken a further step that happens to resurrect an approach that had been ignored for some 60-plus years: bacteriolytic therapy. The use of bacteria to destroy a tumor often triggers an immune response that in turn decimates any related tumors elsewhere in the body, largely by exploiting a tumor’s weakness. Solid tumors grow quickly and need a steady blood supply that provides both oxygen and nutrients for their cells to survive and thrive. But it is not uncommon to find that when a tumor grows large enough, the associated blood supply is unable to keep up developmentally, resulting in hypoxia, or very low oxygen, at the tumor’s core. In some tumors, those core cells will die without oxygen and nutrients, and this results in necrotic areas that are usually surrounded by hypoxic pockets where the cells are alive but no longer growing. Chemotherapy and radiation have little effect in this situation because the former needs blood to carry it into the tumor cells and the latter requires oxygen.

Toxins Versus Tumors

BACTERIOLYTIC THERAPY WAS FIRST SUCCESSFULLY EXPLORED in 1891 by William Coley, MD, who injected streptococcal organisms into a patient with inoperable cancer, whose tumor shrank in response. Despite repeated success with bacterial products that came to be known as Coley’s toxins, Dr. Coley’s results were met with some skepticism. The practice went fully out of favor in the mid-20th century with the increased widespread use of radiation and chemotherapy, but was revived in the late 1990s by a team of researchers led by Bert Vogelstein, MD, professor of oncology and pathology and director of the Ludwig Center at Johns Hopkins. By screening a panel of more than 20 anaerobic bacteria—those that thrive where oxygen levels are low—Dr. Vogelstein’s team discovered that one, *Clostridium novyi*, worked particularly well in attacking tumors in mice. Unfortunately, it was also lethally toxic. So they re-engineered it, selecting a strain that lacked the gene encoding the lethal toxin, and named it *C. novyi-NT* (non-toxigenic). It is an obligate anaerobe, which means it flourishes where there is almost no oxygen and will grow in tumors from the inside out, killing both the surrounding dormant and actively multiplying tumor cells alike. Once it hits oxygen, the bacterium dies.

“Anaerobic bacteriolytic therapy such as *C. novyi-NT* is particularly well suited as a cancer therapy since most cancers have central cores of low oxygen where these bacteria can grow and destroy tumors. In contrast, other areas of the body without cancer are normally well oxygenated, so the bacteria do not germinate and thrive there,” says Saurabh Saha, MD, PhD, chief scientific officer of Exciton Pharmaceuticals and entrepreneur-in-residence at BioMed Valley Discoveries, which licensed *C. novyi-NT* from Johns Hopkins for use in clinical trials. “It turns out bacteria are quite good at breaking open tumor cells and releasing tumor-specific proteins that the immune system recognizes in a very potent way,” he adds. “It really revs up the immune cells. Once they recognize those antigens that the bacteria released

when they killed the tumor cells, the immune cells can go around the body and find other tumor cells where those antigens might be present and destroy them.”

Bacterial spores—a dormant form of bacteria and the most benign—can be injected intravenously like chemotherapeutic agents or injected directly into a tumor to ensure they reach its low-oxygen areas. Although Dr. Saha says researchers have not yet seen a systemic response like Dr. Coley did after patients with multiple tumors throughout their bodies were injected with *Streptococcus pyogenes*, they did have success in trials using pet dogs and in one 53-year-old patient with leiomyosarcoma, a cancer of the smooth muscle tissue. The patient had a tumor in her shoulder and upper arm that was injected with *C. novyi-NT* and responded positively to it; in contrast, the tumors in her liver, lungs, and peritoneum that were not injected with *C. novyi-NT* progressed, eventually causing her death. Going forward, Dr. Saha says the right combination of bacteriolytic therapy and immunotherapeutic approaches will result in both local eradication of the tumor and distant eradication of metastatic disease. Engaging the immune system will allow for greater efficiency in destroying the cancer.

According to Shibin Zhou, MD, PhD, director of experimental therapeutics at the Ludwig Center at Johns Hopkins, it is possible to control the number of bacterial spores that enter the tumor with intra-tumor injections, whereas with intravenous injections it is difficult to know how many actually reach the site. On the other hand, not all tumors are easily accessed, especially those located in internal organs, and intravenous injection might be the most promising way to get to them. Eventually, he says, the type of tumor would be a major factor in determining which delivery route to choose for a particular patient.

Besides using bacteriolytic therapy as a form of immunotherapy, “the advantage of using bacteria is that these are live biological agents and you can engineer them to make them better,” Dr. Zhou says. “Right now, the *C. novyi-NT* we are using has one level of engineering done, which is to delete the lethal toxicity.” He adds that the same is true of using viruses including various forms of the herpes simplex virus and the adenovirus, which cause cold sores and the common cold, respectively.

Going Viral

LIKE BACTERIA, VIRUSES ARE ENJOYING A COMEBACK AS POTENTIAL oncolytic agents, having first been examined for their efficacy against cancer in the 1950s. “There is a unique synergy that one sees with oncolytic viruses and bacteriolytic therapy,” says BioMed Valley’s Dr. Saha. “These natural microbes—pathogens—are able to destroy cancer cells in a way that presents tumor antigens to the immune system in a very stimulating way. The immune cells can then destroy the cancers much more efficiently than even bacteria and viruses can alone.” All of which may allow physicians to one day fight a powerful adversary with a host of former assailants. Today, Angela Dispenzieri, MD, a Mayo Clinic hematologist, is part of a trial testing



The use of bacteria to destroy a tumor often triggers an immune response that in turn decimates any related tumors elsewhere in the body by exploiting a tumor's weakness.

a weaker derivative of the measles vaccine strain. She and her colleagues—including Mayo hematologist Stephen Russell, MD, PhD, the therapy's co-developer (along with Mayo oncologist Kah-Whye Peng, PhD)—have been treating patients with MV-NIS, working their way up from homeopathic levels to administering doses about 100 million times more potent than a standard vaccine.

The measles virus allows for a two-pronged approach: In the direct kill, it causes the cancer cells to fuse with their neighbors to become oversized cells that then explode. It also has a potential immunotherapeutic component, where infecting the cancer cells makes residual cells “more tasty to the immune system,” says Dr. Dispenzieri. But the challenge is that most Americans have either had the measles or were immunized against it, and therefore have at least some immunity. To work around that, the trial was opened to patients with multiple myeloma, a cancer of the bone marrow cells. It affects 20,000 new patients and is responsible for 12,000 deaths annually and is considered incurable. Because it is in the bone marrow, it is not localized and cannot be excised or irradiated; patients tend to have low levels of antibodies and are largely immunosuppressed, making them prime candidates for virotherapy.

Although measles is a disease clinicians are well versed in controlling, there were some concerns going in. “When we started the trial we had two theoretical nightmare scenarios,” says Dr. Dispenzieri. “The first was that you give it to patients and the virus hurts

them and you can't contain that, and the second was the immune system would eat up the virus so fast that it would do absolutely nothing.” Although the initial side effects included fever and chills, the virus did not cause any permanent harm to patients. And in at least one case, the immune system did not reach the virus first.

Stacy—who now serves as an advocate for virotherapy, says Dr. Dispenzieri—had been through two bone marrow transplants and virtually all known myeloma drugs with no long-term benefit, a fact that was impossible to ignore since prior to treatment with MV-NIS her myeloma relapse manifested in part as visible tumors on her forehead. But the tumors shrank soon after the intravenous administration of MV-NIS; virotherapy calls for just one dose, since the immune system's response means the virus would lose its efficacy on subsequent administrations. Nine months later Stacy had a recurrence of the growths, but they responded to radiation therapy. Dr. Dispenzieri notes that the relapse was local and did not recur in the bone marrow, adding that Stacy has been in remission for more than a year since. Dr. Russell and his colleagues are now testing the response to MV-NIS in liver tumors, ovarian cancers, and brain tumors.

As with bacteriotherapy, virotherapy patients tend to have exhausted all other options, which means the cancer is so advanced there is not much of an immune system left to stimulate. Given that, Dr. Dispenzieri says they have revised their study protocol and will offer the treatment to patients who are not so sick. “Hopefully as we reopen the trial and treat patients who are not quite so beaten up, we will see more patients derive benefit,” she says. “We want more Stacys.” At that point they will look to combination therapies, which appear to be the best approach for the most thorough eradication of cancer. ♦

I.Q.

INTELLIGENT QUESTIONS ANSWERED BY THE EXPERTS



1.
New research has found that taking muscle-building supplements may increase the risk of developing testicular cancer up to 177 percent.

Q: I took protein and creatine supplements as a teenager. What can I do now to counter this rather alarming connection?

A: There is really nothing to do to counteract the effect, but to be honest, this proposed link is still considered controversial. One suggestion is to perform monthly testicular self-examinations and see a doctor if you note any changes or the development of a mass.

—CHRISTOPHER G. WOOD, MD, FACS, PROFESSOR OF UROLOGY AT THE UNIVERSITY OF TEXAS MD ANDERSON CANCER CENTER



2.
A new study found that in women ages 70 to 80, those who exercised and took vitamin D sustained fewer injuries in falls.

Q: How much vitamin D is protective against injuries, and what kinds of exercise help most?

A: Most of the evidence for vitamin D's helpfulness has been in supplementation in women with low levels. Prior medical literature indicates that as little as 800 IUs daily could help confer this benefit, but more recent data show mixed results. That being said, there is little to no harm associated with vitamin D supplementation at this level. It is thought that vitamin D is important for proper skeletal muscle function and that low levels could

be linked to muscle weakness, hence the value of supplementation. There has been no benefit noted in clinical trials of vitamin D in reducing fracture risk, although vitamin D supplementation is critical when taking medications to treat osteoporosis that do reduce risk of fracture (but not falls).

Exercise has been shown to reduce risk of falls, particularly when a physical therapist conducts an assessment and assigns specific exercises tailored for the individual. The medical evidence suggests that a patient must do two different types of exercise—any combination of balance training, strength or resistance training, gait training, or flexibility—to derive this benefit. Other exercises such as tai chi, yoga, and more recently Pilates have also been shown to reduce falls risk. The key is that the individual must do these exercises consistently to see results.

—RONAN FACTORA, MD, CENTER FOR GERIATRIC MEDICINE AT CLEVELAND CLINIC



3.
A 30-minute bout of moderate-intensity exercise increased concentration and reasoning ability in the subjects of a new study.

Q: Does that effect last throughout the day, or does it happen only immediately after the exercise?

A: Some studies have looked at regular sustained exercise—when people walk for a half-hour three days a week, or walk 15 minutes per day, or do something to get cardiovascular exercise—and if one does that over a period of time, one does see sustained benefits. How long a single exercise session may provide benefits depends on the intensity and duration of the particular exercise. Of course, the effects wear off over time; however, continued cardiovascular conditioning has a definite impact. A University of Illinois study found that regular aerobic conditioning actually led to growth of the hippocampus, a key memory center of the brain. And there is a correlation between the growth of the hippocampus and a better-functioning brain.

There is an immediate mental boost with cardiovascular and strength training that we experience subjectively: mental clarity, alertness, and improved mood. We know from other studies that physical conditioning will increase endorphins, which are natural antidepressants. Some individuals experience a reduction in pain as a result of exercise, and it also promotes an

increased anti-inflammatory effect. (One of the challenges with brain aging in general is that we have too much inflammation, which can damage healthy brain cells.)

The short answer is that exercise confers an immediate effect that is positive, and if one continues to exercise on a regular basis, there will be sustained effects.

—GARY W. SMALL, MD, PARLOW-SOLOMON PROFESSOR ON AGING, DAVID GEFKEN SCHOOL OF MEDICINE AT UCLA, AND DIRECTOR OF THE UCLA LONGEVITY CENTER



4.
A British Medical Journal study reports that acetaminophen is ineffective in treating low back pain and provides minimal short-term benefit in treating osteoarthritis.

Q: What are my choices for analgesics if I have adverse reactions to ibuprofen?

A: My take on the article is that the data for spinal pain were based on only three studies, and as with almost all studies for lower back pain, the researchers did not try to identify the specific cause. As such, there may be a very small effect for acetaminophen in well-selected patients.

Still, nonsteroidal anti-inflammatory drugs (NSAIDs) absolutely

are more effective (when tolerated) than acetaminophen. Identifying someone as a poor candidate for NSAIDs would depend on the specific adverse effect experienced; if it is gastrointestinal, then COX-2 inhibitors (like celecoxib) or an NSAID combined with a protein pump inhibitor drug has been shown to reduce gastrointestinal adverse effects such as ulceration or gastritis.

In addition, acute back pain always responds better to treatment than chronic back pain. For acute back pain, muscle relaxants have been shown in well-designed clinical studies to be helpful. For chronic low back pain, antidepressants (duloxetine and tricyclic antidepressants) have been shown to reduce pain and improve function in some people.

It would also be helpful to try to identify the specific cause of pain. For example, for a type of arthritis called facet joint arthropathy, several placebo-controlled studies show that radiofrequency ablation—a safe, minimally invasive procedure that involves burning the nerves that transmit pain from the joints—can provide considerable pain relief and improvement of function lasting six months to one year. For pain that comes from the intervertebral discs, the treatments tend to be more invasive and less

effective (for example, spinal fusion, disc replacement, or burning the disc, called biacuplasty).

—STEVEN P. COHEN, MD, PROFESSOR OF ANESTHESIOLOGY, PROFESSOR OF PHYSICAL MEDICINE AND REHABILITATION, AND DIRECTOR, BLAUSTEIN PAIN TREATMENT CENTER, JOHNS HOPKINS SCHOOL OF MEDICINE



5. *The brains of poor sleepers and those with sleep apnea are more likely to contain abnormalities that are associated with the development of dementia, according to a recent study.*

Q: I have had sleep apnea for years. If I learn to better manage it now, will that help to repair any damaged tissue?

A: If there is brain atrophy or damaged brain tissue already present, there is nothing currently available to repair the affected areas. Treating sleep apnea with CPAP may prevent further brain tissue from being damaged by decreasing inflammation in the brain. There may also be an improvement in mood and cognitive functioning.

—CHARLES BAE, MD, STAFF PHYSICIAN, SLEEP DISORDERS CENTER OF THE NEUROLOGICAL INSTITUTE, CLEVELAND CLINIC



6. *Johns Hopkins Medicine researchers discovered a new biomarker—the amount of mitochondrial DNA in blood—that may predict frailty and mortality.*

Q: How can I get my mitochondrial DNA measured?

A: I want to be clear that this is not a clinical test yet. There is a lot of work to be done—standards, references, and the like—before this could become a clinical test. But in theory it could be possible to identify people who are at risk for becoming frail and for having negative outcomes. In our study, we have also seen an association with overall mortality. Yet the question remains, once patients are identified as frail, what are the interventions? That might mean more careful screening of these individuals, or something like fall prevention exercises for people who are at risk for being frail and are therefore more at risk for falling, or changes to the diet, or drugs that are known to increase the number of mitochondria. The idea is that one could identify people 10 to 15 years before they become

frail and prescribe interventions that would improve their outcomes, hopefully before something happens.

There is a very specific definition of frailty, comprised of five components: slowness (or walking speed), exhaustion, shrinking (unintended weight loss), grip strength, and whether one has high or low levels of physical activity. Combining these five metrics provides an estimate of whether someone is frail. And the reason that is important is because frail individuals are more likely to have bad outcomes such as hip fractures or higher mortality. Taking this measure of older individuals is actually predictive of future health consequences.

There is also this underlying hypothesis that energy reserves are a critical component of overall health and of frailty in particular. When exposed to illness, most people have these reserves that allow them to recover and resume their normal state of health. A frail person has reduced energy reserves, so he or she does not readily recover from illness. With regard to energy, mitochondria are the powerhouse of the cell and provide energy to the cellular system, so mitochondrial function is a natural place to look if one is examining energy

reserves. In our research we looked at the number of mitochondrial genomes that an individual has and can show that this seems to decrease over time: The older you are, the fewer mitochondrial genomes you have, and having fewer is not a good thing.

As for the next step, we are looking at larger studies to validate some of our findings. The other thing is refining the findings that we are interested in; so overall mortality is a broad outcome, but does this have more of an impact on specific outcomes, such as diabetes or heart disease? And we have some preliminary work showing a pretty strong association with heart disease. Lastly, this is only one particular measure of mitochondrial function. There are plenty of other metrics that we can explore that potentially may directly measure mitochondrial function rather than just the number of mitochondria. We can measure the downstream effects on what we think the mitochondria may be doing and try to understand the biology a little better and exactly why these people are having a worse outcome.

—DAN ARKING, PHD, ASSOCIATE PROFESSOR OF MEDICINE AND CODIRECTOR, DNA DIAGNOSTIC LAB, JOHNS HOPKINS UNIVERSITY



Q&A

with DAVID PERLMUTTER, MD

Belly Bugs + Brainpower

The acclaimed neurologist champions the power of the gut microbiome as the front line for optimal brain health here and in his new book, *Brain Maker*.

BY ERIN LENTZ ILLUSTRATION BY MARK SUMMERS

What is the power of the microbiome?

Ninety-nine percent of the DNA in the body is bacterial, and there are more than 5 million genes in the bacteria living in the gut. These bacteria influence the expression of the genome [one's genetic material] and are called *commensal* bacteria, "co" meaning they share the table with us and "mensa" meaning eat. They eat what we eat, so we had better feed them right. Our life depends on them and our brain health depends on them.

How did your father's Alzheimer's diagnosis impact your research?

Changes in the gut bacteria lead to inflammation, and inflammation is the hallmark of Alzheimer's disease. We are now seeing that the incidence of Alzheimer's in various countries correlates with the sterility of the gut bacteria. In places like sub-Saharan Africa—Kenya, Ethiopia—where there is a huge diversity of gut bacteria, the incidence of Alzheimer's is very low. But in Western and Scandinavian countries where diversity of the gut bacteria is reduced, that lack of diversity leads to inflammation, and inflammation is the cornerstone of diabetes, cancer, Alzheimer's, MS, and autism.

How does gut health affect inflammation in the brain?

The real mission for me in *Brain Maker* is connecting those dots. How do you get from the intestine into the brain? It is a long way away, but the body's separate organ systems are all interrelated. When

there is an imbalance in gut bacteria, the gut wall becomes permeable, leaky. When that is breached, certain chemicals like lipopolysaccharides make their way into the systemic circulation, and that jazzes up the inflammatory cells.

What is most important to look for in pre- and probiotic supplements?

You do not have to take a supplement to get probiotics if your diet regularly includes fermented foods such as kimchi, kombucha, and yogurt. They contain plenty of probiotic organisms. But in supplements, look for a guarantee of potency: You want those that rate their colony-forming units in the tens of billions and contain a large number of different species. Certain vegetables contain prebiotic fiber that nurtures the gut and microbiome: asparagus, dandelion greens, Jerusalem artichoke, jicama, uncooked garlic, and onions.

How long does it take to rehabilitate an impaired microbiome?

Depending on one's level of dedication, it can happen within weeks. Some incredible things happen in a very short time, and this is the foundation of our interventions with our patients with Alzheimer's. We have had a lot of success with lowering carbohydrates and getting them off of gluten. That there is inflammation in Alzheimer's patients has been published for 15 years. Now we are learning that the inflammation may well be coming from the gut. That is the vanguard. ♦

In *Brain Maker* you encourage readers to enjoy red wine, tea, coffee, and chocolate. How do they affect optimal gut health?

Wine and chocolate are rich in polyphenols, crucial anti-inflammatories and antioxidants. Same thing with coffee and tea.



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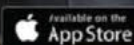
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